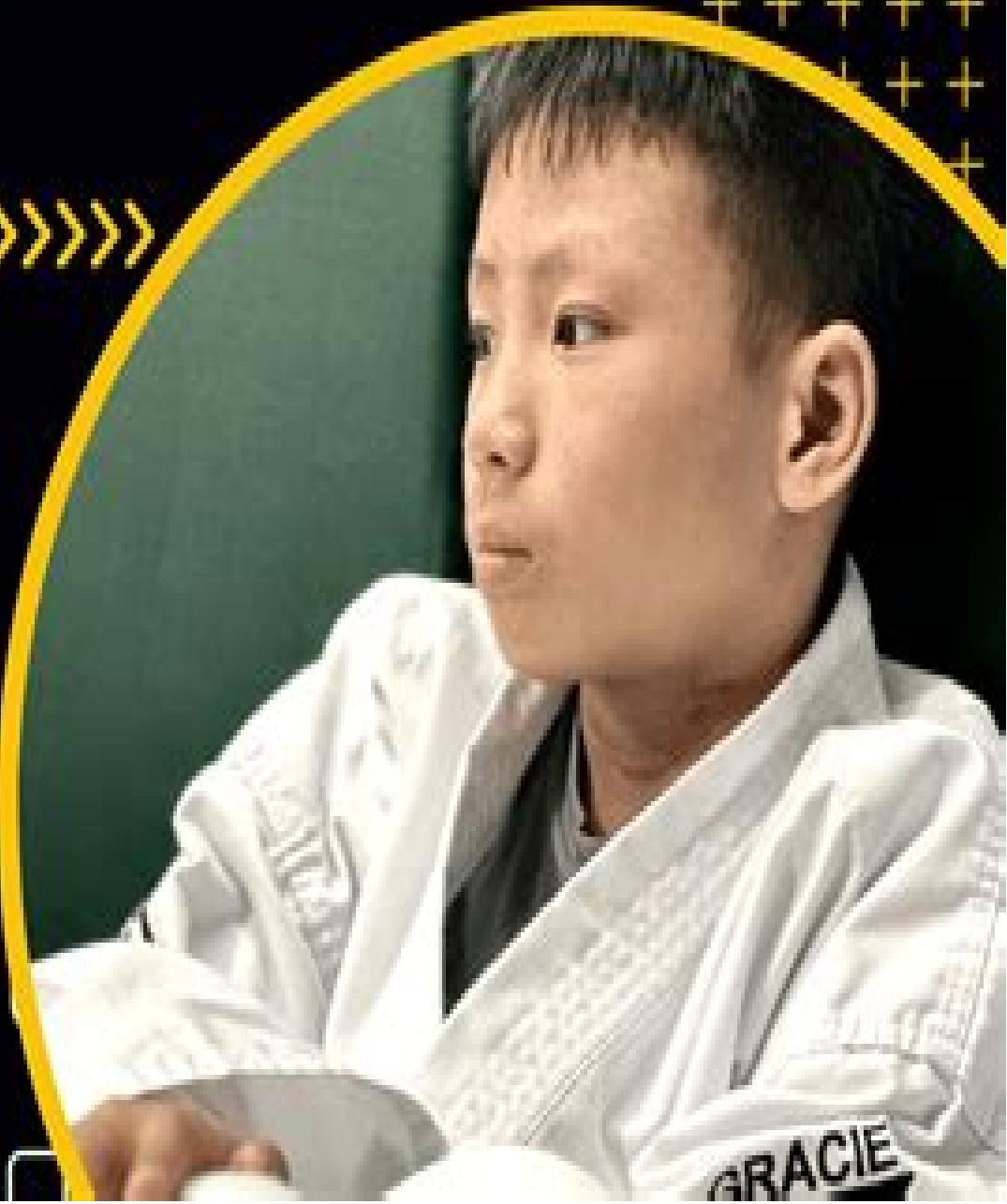


HOW TO BECOME A MARTIAL ARTS INSTRUCTOR



Official Gracie Instructor Manual

M. Alexander Gabrielsen

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