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With these two basic RBSF principles established, I can now go into the subject to be expounded here: The 4 Best First Strikes To End A Fight Fast

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Sammy franco (author of the widow maker program)

Sammy Franco is the author of Kubotan Power (3.43 avg rating, 7 ratings, 0 reviews, published 2014), Heavy Bag Training (3.40 avg rating, 10 ratings, 0 r register

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