

MU TAU PANKRATION



VOLUME I/CONCEPTS AND SKILLS OF
"ALL-POWERS" COMBAT
by Grandmaster Jim Arvanitis

Mu Tau Pankration Volume I Concepts And Skills Of Allpowers Combat

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Mu Tau Pankraton Volume I Concepts And Skills Of Allpowers Combat:

Mu Tau Pankraton Jim Arvanitis,1998-02 Greek Pankration once the cornerstone of the early Olympic games is the only fully documented fighting form of the preChristian era It is the first to incorporate ground tacticts kicking boxing and wrestling into one all powers system Included are hundreds of dynamic photographs and illustrations **Forthcoming**

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