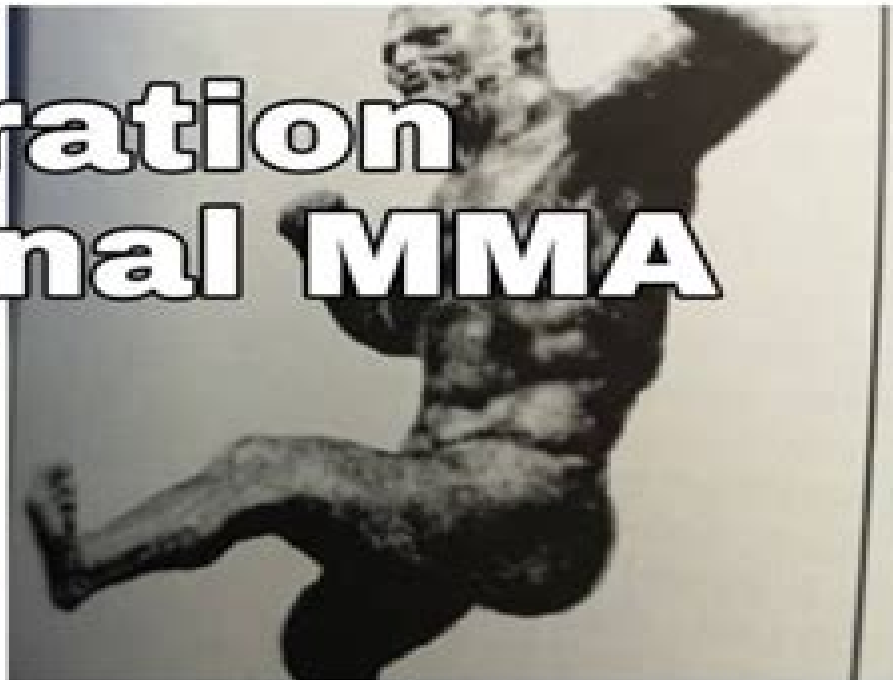
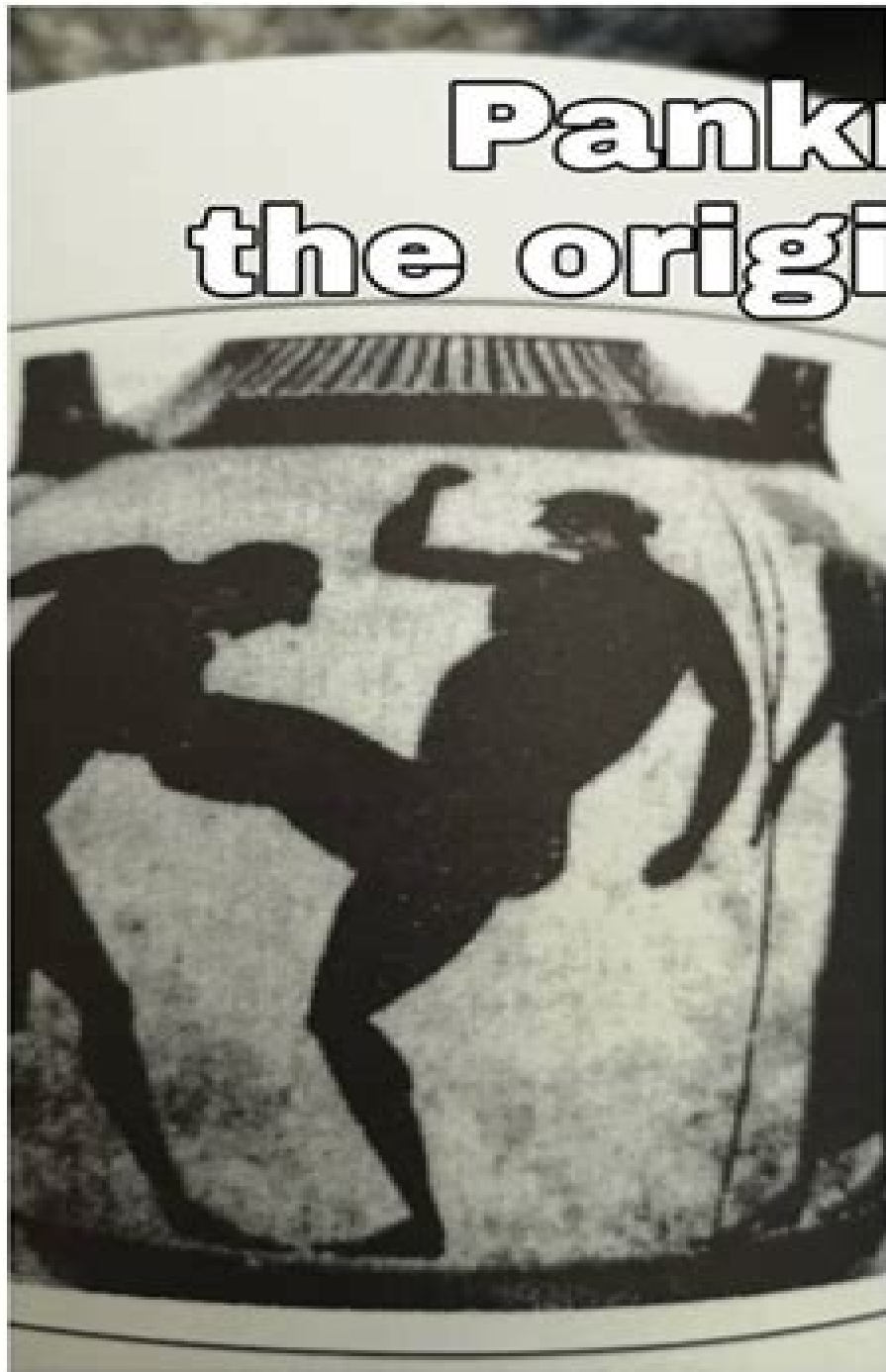


Pankration the original MMA



Pankration Training Manual

N Colangelo

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