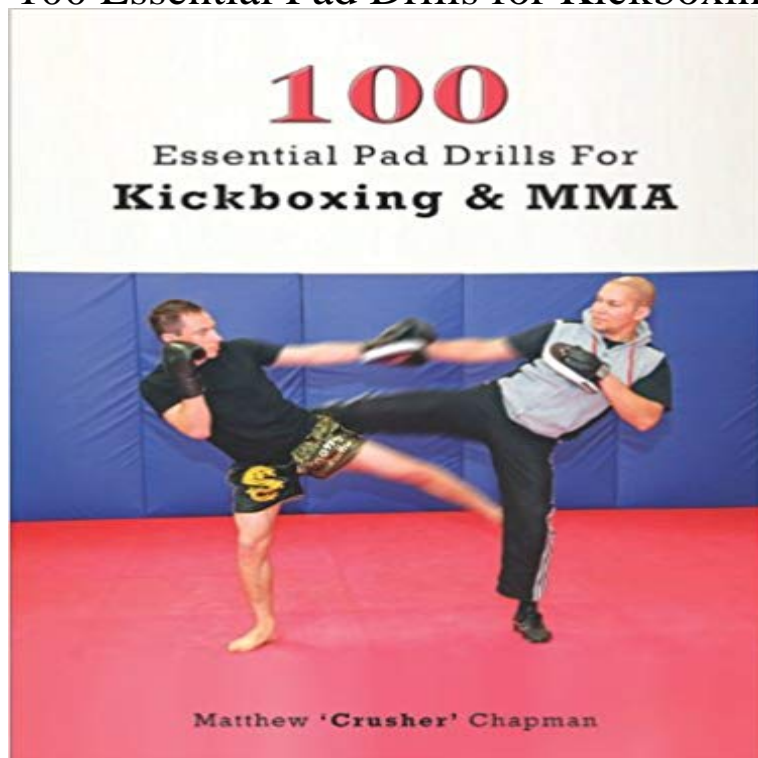


100 Essential Pad Drills for Kickboxing & MMA



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