

Cardio Kickboxing Elite: For Sport, For Fitness, For Self-Defense By Frank Thigoutot



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Cardio Kickboxing Elite For Sport For Fitness For Self-Defense Figure 3-60 Roundhouse Kick The roundhouse kick imitates a lead hook punch in its

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Frank Thiboutot, the man who created the original Cardio Kickboxing presents it as it was intended to be more than just an aerobic workout, but as a real sport and a

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