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but through our Social Value programme, contribute to the sustainability of the Games and the benefit of the wider West Midlands community." GL events UK is also planning to work alongside key ...

GL events UK announced as overlay supporter of Birmingham 2022

He says: 'Walking helps to drain the lower legs of excess fluid and can help prevent varicose veins through the pumping action of the calf muscles. 'The increased supply of oxygen exercise ...

The oldest and most respected martial arts title in the industry, this popular monthly magazine addresses the needs of martial artists of all levels by providing them with information about every style of self-defense in the world -

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including techniques and strategies. In addition, Black Belt produces and markets over 75 martial arts-oriented books and videos including many about the works of Bruce Lee, the best-known marital arts figure in the world.

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Exploring the ancient Western martial art of catch-as-catch-can grappling, this definitive book covers the history, players, and strategies of the sport. Rich in history and full of painfully brutal techniques, catch-as-catch-can, or catch wrestling for short, is the great-grandfather of today's mixed martial arts, professional wrestling, freestyle wrestling, and many reality-based self-defense systems. Say Uncle! includes explanations of the methods of catch-as-catch and is accompanied by clear illustrations that show how to use them most effectively, and the background of this unique sport is traced through America, Japan, England, and Ireland. Full of exclusive interviews with legends such as Karl Gotch, Billy Robinson, and Josh Barnett, this guide brings together all aspects of this little-known sport that is the root of modern MMA and professional wrestling.

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