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Properly, Your Hook Punch Will Often Take Your Opponent By Surprise Because It Travels Outside His Line Of Vision. Although Weak When Thrown As An Arm Punch, When Thrown With The Force Of Your Body Behind It, The Hook Punch Can Be A Devastating Finishing Technique. Combinations With The Hook Include The Jab-hook (1-3), The Mar 9th, 2024

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Curriculum That Could Be Used By 110-or 210-pound Marines To Quickly Kill Enemies. Miller Created The Program From A Variety Of Martial Arts Such As Okinawan Karate, Judo, Taekwondo, Boxing, And Jujutsu. Marine Recruitment Through MCRD Is Instructed In Miller's Combat Curriculum. It ... Jan 1th, 2024

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