



Ultimate Dim-Mak: How To Fight A Grappler And Win

Erle Montaigne

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Grappling is not superior, just different, says Erle Montaigne, a former pro wrestler himself. Here he takes you inside the mind of the grappler and reveals his strategy, thus taking away his edge. Learn to target the most vulnerable points and apply foolproof dim-mak sleeper holds to counter the moves grapplers will use in any no-holds-barred fight.

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