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Real Fighting: Adrenaline Stress Conditioning Through Scenario-Based Training

Peyton Quinn

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Real Fighting: Adrenaline Stress Conditioning Through Scenario-Based Training Peyton Quinn Techniques learned in the dojo rarely work in a real fight. Here the author of A Bouncer's Guide to Barroom Brawling offers a practical solution. Learn how to control the rush of adrenaline into your system and harness it effectively to shut down the bully's antics or pound him into the pavement when all else fails.

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