

Gene Lebells Grappling World: The Encyclopedia of Finishing Holds

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If you'd like to get a few more finishing holds under your belt, check out Gene LeBell's new encyclopedia. Don't let the word "encyclopedia" scare you off. This book doesn't have anything to do with the middle ages, chemistry or the geography of Peru. This is Gene LeBell's new book Grappling World: The Encyclopedia of Finishing bongodogdesigns.com: Many of the techniques shown in the volume are old, never-before-seen pro wrestling bongodogdesigns.com will never be another grappling text containing so many unique and devastating finishing holds -- unless Gene LeBell pens a sequel.

Dec 06, · This book has taken Gene years to write, and it is his legacy to the world of grappling. It is a massive text on the art of finishing holds/5(14). Free Download Gene Lebells Grappling World The Encyclopedia Of Finishing Holds Book PDF Keywords Free Download Gene Lebells Grappling World The Encyclopedia Of Finishing Holds Book PDF, read, reading book, free, download, book, ebook, books, ebooks, manual.

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