

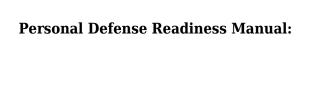
# Self Defense Manual



By Master Michael Muleta, 8<sup>th</sup> Degree Itftaekwondo.com

# **Personal Defense Readiness Manual**

**Pasquale De Marco** 



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