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by Amante P. Mariñas Sr. : **Art of Throwing: The Definitive Guide to Thrown Weapons Techniques [DVD Included]**

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PDF-35372 | Concise and informative, The Art of Throwing is the ultimate introduction to the exciting world of throwing weapons. It provides thorough explanation and instruction on everything from grips and stances, targets and trajectories, and even how to construct weapons. The fundamentals of weapon throwing are easy to learn, but mastering aim—let alone mastering aim with a variety of weapons—involves... *Art of Throwing: The Definitive Guide to Thrown Weapons Techniques [DVD Included]*

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