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Luis preto (author of jogo do pau)

Luis Preto is the author of Jogo Do Pau (4.67 avg rating, 6 ratings, 0 reviews, published 2005), Combat in Outnumbered Scenarios (5.00 avg rating,

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Kettlebell Training for Boxing. I highly recommend the book Understanding Physical Conditioning: A Movement Based Approach, by Luis Preto MSc.

Interview with luis preto, jdp instructor | hema

I believe this is explained by the physical conditioning principle of instructors based on movement oriented Interview with Luis Preto,

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Authored by MSc Luis Preto Physical conditioning is crucial to any serious athlete's success. However, its training routinely proves complex

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LUIS PRETO, MSc. Undergraduate in physical conditioning: A movement based approach; he teaches here are based mostly on this art, but Luis has trained with top

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