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Machida's upcoming book! (pics) - mixed martial

Just wanted to share the beginnings of an upcoming book (from left to right): Erich Krauss, Lyoto Machida, Glen Cordoza, Shinzo Machida Mixed Martial Arts

Karate - youtube

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The techniques utilized in mixed martial arts competition generally but come from various martial arts that include Karate, Erich Krauss; Glen Cordoza

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