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## **Raymond arsenault : books,author**

Gender: Unkown Hometown: Unkown Number of works: 1 Al Arsenault is the author of following books: - Chin Na in Ground Fighting: Principles, Theory and Submission

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Chin na or Qinna ( ) is a thus neutralizing the opponent's fighting ability. Chin na su Chin Na features both standing and ground based grappling techniques.

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