

How to Beat Up Anybody: An Instructional and Inspirational Karate Book by the World Champion (Paperback)

By Judah Friedlander

HarperCollins Publishers Inc, United States, 2011. Paperback. Condition: New. Language: English . Brand New Book. World Champion Judah Friedlander tells you How to Beat Up Anybody in this insanely hilarious satirical martial arts guide. Better known as an award-winning stand-up comic, actor, and star of 30 Rock, Friedlander shares his adventures in butt-kicking with lucky readers in a self-defense handbook in the gut-busting vein of The Truth About Chuck Norris.



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Reviews






Very beneficial to all of class of people. I am quite late in start reading this one, but better then never. You may like just how the writer create this publication.

-- **Audra Klocko PhD**

Thorough information! Its this type of great go through. It is amongst the most incredible publication i actually have read through. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- **Germaine Welch**

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