



Letters from Planet Meathead: A Fighter's View of Postmodern Physical Culture

James LaFond

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From 2012 thru 2014 James LaFond investigated the practice and teaching of the combat arts in his hometown of Baltimore Maryland. Letters from Planet Meathead is his journal. Includes: Planet Meathead Rhee, Ali, Lee and Me Why I Am Not A Martial Artist MMA and Honor And over 50 other articles on fighting, training and coaching

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