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Gene LeBell is an American Judoka Jiu-jitsu comes from too tightly wrapped, he teaches his own brand of practical self-defense. If anything, LeBell

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This is by the great Gene LeBell. His self defense techniques are very effective if trained for enough. There are plenty of moves for every situation.

### **Gene lebell - wikipedia, the free encyclopedia**

Gene LeBell's Handbook of Self-Defense by Gene LeBell. 1996. Gene LeBell's Grappling World: The Encyclopedia of Finishing Holds by Gene LeBell. 1998,

### **Gene labell - books, biography, contact**

Gene Labell is a published author of young adult books. Published credits of Gene Labell include Gene Lebell's Grappling and Self-Defense for the Young Adult

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Bob Ryder is a published illustrator of young adult books. A published credit of Bob Ryder is Gene Lebell's Grappling and Self-Defense for the Young Adult (Heritage

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