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In many martial arts the colour of the obi signifies the wearer's skill level. Goodman, Fay (1998). The Ultimate Book of Martial Arts. Lorenz Books.

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### **Fay goodman (author of the ultimate book of**

Fay Goodman is the author of The Ultimate Book of Martial Arts (3.45 avg rating, 11 ratings, 2 reviews, published 1998), The Complete Step-By-Step Guide

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**Fay goodman | director/composer**

F ay Goodman is a documentary With regards to her martial arts, Fay is the author of the The Ultimate Book In addition to her passion for music and martial

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