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Createspace, United States, 2013. Paperback. Book Condition: New. 244 x 170 mm. Language: English . Brand New Book. In Volume III we discuss the nuts and bolts of a system. It takes a step-by-step approach to offense and defense. All the drills that relate to the system are diagrammed and explained. The rules in both the offensive and defensive plans are given. This Volume ends with practice planning and offers the first twelve practice plans for developing the Monk System. Volume III brings closure to the entire theory and application.

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