

INGO LITSCHKA



Defensive Gymnastik

70 Jahre vor Bartitsu

Defensive Gymnastik Jahre Vor Bartitsu

Ingo Litschka



Defensive Gymnastik Jahre Vor Bartitsu:

Defensive Gymnastik Ingo Litschka, 2015-05-31 Wir befinden uns mit dem Buch im England des 19. Jahrhunderts knapp 70 Jahre vor Bartitsu als ein Mann namens Baron Charles Random de Berenger zeigt was er unter Selbstverteidigung versteht. Ein sehr illustrierter Baron der viel zu lange im Schatten weilte und vergessen war. Das Buch beleuchtet nicht nur ihn sondern auch ein paar dunklere Gassen und erzählt von Tricks die Berenger noch kannte. Manches ist überraschend modern. Anderes skurril. Eine andere Welt die des aufblühenden viktorianischen Empires zeigt hier eine zweite Seite gegen die man sich gymnastisch schützt. Es ist überraschend was hinter dem Begriff steckt.

Delve into the emotional tapestry woven by Emotional Journey with in Experience **Defensive Gymnastik Jahre Vor Bartitsu** . This ebook, available for download in a PDF format (PDF Size: *), is more than just words on a page; itis a journey of connection and profound emotion. Immerse yourself in narratives that tug at your heartstrings. Download now to experience the pulse of each page and let your emotions run wild.

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