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1. To understand basic psychological principles concerning stress, coping, emotion, and emotion regulation, and their impact and influence on combat sports such as judo 2.

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Mental combat is a simple, easy set of tactics for unlocking the full power of your brain and body. Moreover, it gives you the proven scientific benefits of sports psychology without needing to understand the complex history and theories. While traditional guides can be heavy and difficult to follow, Mental Combat is a simple, tactical approach. Perfect for martial artists, fitness fans, gym enthusiasts, and even the busy office worker!

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