



How to Beat Up Anybody: An Instructional and Inspirational Karate Book by the World Champion

Judah Friedlander

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“World Champion” Judah Friedlander tells you *How to Beat Up Anybody* in this insanely hilarious satirical martial arts guide. Better known as an award-winning stand-up comic, actor, and star of *30 Rock*, Friedlander shares his adventures in butt-kicking with lucky readers in a self-defense handbook in the gut-busting vein of *The Truth About Chuck Norris*.
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