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Techniques ...

Kickboxing is a

stand-up combat

sport based on

kicking and

punching,

historically

developed from

karate mixed

with boxing.

Kickboxing is

practiced for

self-defence,

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general fitness,

or as a contact

sport.. Japanese

kickboxing

originated in

the late 1950s,

with

competitions

held since then.

American

kickboxing

originated in

the 1970s and

was brought to

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