

Shoto-kan Karate: The Ultimate In Self-defense - Peter Ventresca

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This lucid introduction to Shoto-Kan Karate, a unique Japanese style of the popular ancient art of 'empty-hand' self-defense, explains and illustrates two of the major kata, or forms, in which all karate techniques are contained. Author: Ventresca, Peter Publisher: Tuttle Publishing Illustration: N Language: ENG Title: Shoto-Kan Karate: The Ultimate in Self-Defense Pages: 00158 (Encrypted EPUB) / 00158 (Encrypted PDF) On Sale: 1990-07-15 SKU-13/ISBN: 9780804816588 Category: Sports & Recreation : Martial Arts & Self-Defense

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