

Practical Karate Volume 3: Defense Against Multiple Assailants - , Masatoshi Nakayama

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Practical Karate: Defense against Multiple Assailants is the third volume in the classic six-volume series by Masatoshi Nakayama and Donn Draeger. Written for those with an understanding of Karate fundamentals, all methods described in this book are workable, easy-to-learn karate defense responses to an unarmed assailant. Divide into chapters dealing with attacks from standing, sitting and ground-fighting positions including grappling attacks, this book provides an uncomplicated approach to using fundamental karate skills for defense. Author: Draeger, Donn F. Author: Nakayama, Masatoshi Publisher: Tuttle Publishing Illustration: N Language: ENG Title: Practical Karate Volume 3: Defense Against Multiple Assailants Pages: 00120 (Encrypted EPUB) On Sale: 2012-08-07 SKU-13/ISBN: 9780804804837 Category: Sports & Recreation : Martial Arts & Self-Defense

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