

Practical Karate Volume 1: Fundamentals Of Self-defense - , Masatoshi Nakayama

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Practical Karate: Fundamentals of Self-Defense is the first volume in the classic six-volume series by Masatoshi Nakayama and Donn Draeger. Written for those too busy to devote hours a day to karate training, it is a serious introduction to the basic elements of self-defense. Author: Draeger, Donn F. Author: Nakayama, Masatoshi Publisher: Tuttle Publishing Illustration: N Language: ENG Title: Practical Karate volume 1: Fundamentals of Self-Defense Pages: 00112 (Encrypted EPUB) On Sale: 2012-07-17 SKU-13/ISBN: 9780804804813 Category: Sports & Recreation : Martial Arts & Self-Defense

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