

Practical Karate Volume 2: Defense Against An Unarmed Assailant - , Masatoshi Nakayama

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Practical Karate: Defense against an unarmed Assailant is the second 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 the front and from the rear, 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 2: Defense Against an Unarmed Assailant Pages: 00120 (Encrypted EPUB) On Sale: 2012-08-07 SKU-13/ISBN: 9780804804820 Category: Sports & Recreation : Martial Arts & Self-Defense

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