

Practical Karate Volume 5: Self-defense For Women - , Masatoshi Nakayama

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Practical Karate: Self-Defense for Women is the fifth volume in the classic six-volume series by Masatoshi Nakayama and Donn Draeger. Written primarily for women, the techniques in this volume are equally useful for men and children - anyone in a situation where the assailant possesses a physical advantage. Included in this volume are chapters dealing with simple hand and wrist seizures, partial body seizures, and full embrace seizures. Although the methods set out here do not require an extensive background in karate training, the authors recommend that the reader consult other volumes of the Practical Karate series, as well.

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