

Karate-Do Kyohan



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著者:Gichin Funakoshi

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Nineteen "kata" ("forms") of karate - the art of self-defense without weapons - are presented here in complete detail. They are the ones selected by the great master and teacher, Gichin Funakoshi, to give comprehensive training in Karate-do, the way of karate.

作者介绍:

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