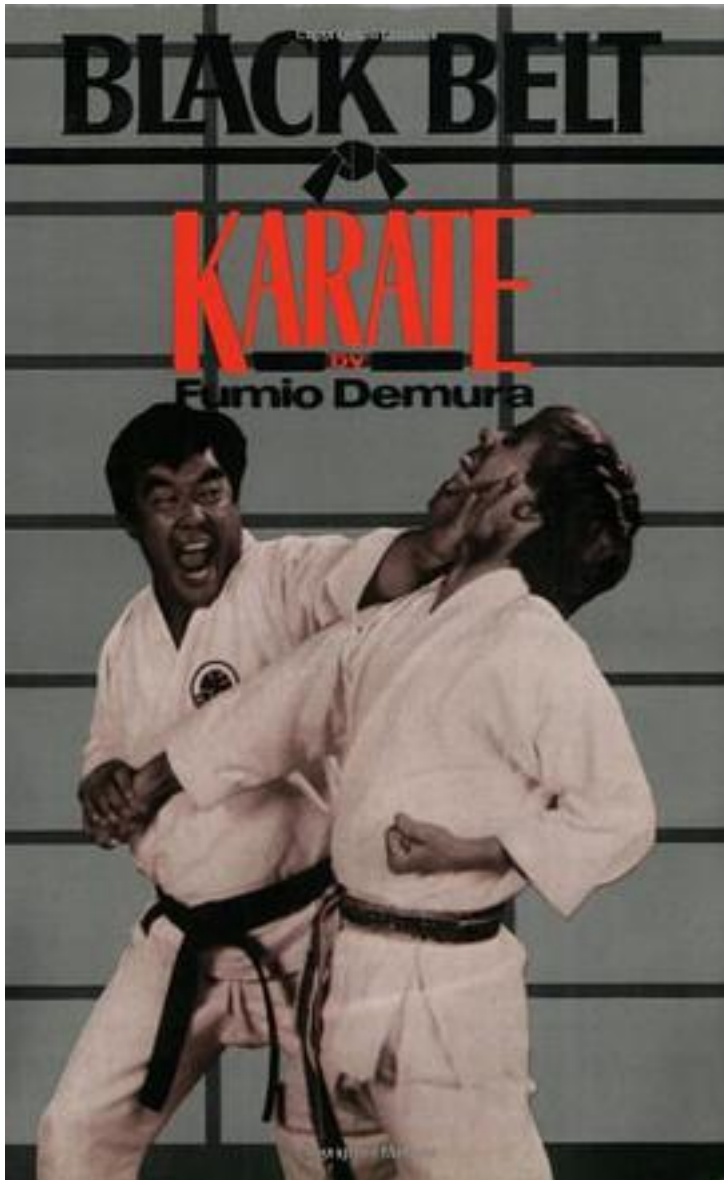


# Shito-Ryu Karate



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著者:Fumio Demura

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Striking points, target areas, stances, hand, elbow, and foot techniques, and methods of blocking are covered in this fully illustrated book on shito-ryu, one of the four major styles of Japanese karate.

作者介绍:

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