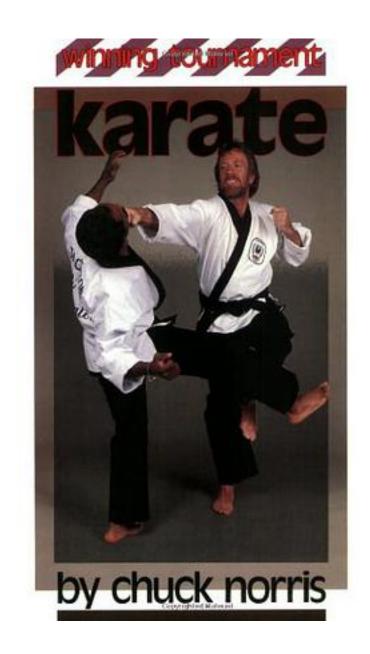
Winning Tournament Karate



Winning Tournament Karate_下载链接1_

著者:Norris, Chuck

出版者:Ohara Pubns

出版时间:1975-5

装帧:Pap

isbn:9780897500166

This practical study of competition training for any rank is the first book by Chuck Norris. International film star, former world middleweight champion, and "Black Belt" magazine's Fighter of the Year in 1969, Norris covers all phases of executing speedy attacks, conditioning, fighting form drills, and one-step sparring techniques. Illustrated with hundreds of step-by-step photos.
作者介绍:
目录:
Winning Tournament Karate_下载链接1_
标签
评论
 Winning Tournament Karate_下载链接1_
书评