

Winning Tournament Karate



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著者:Norris, Chuck

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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:

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