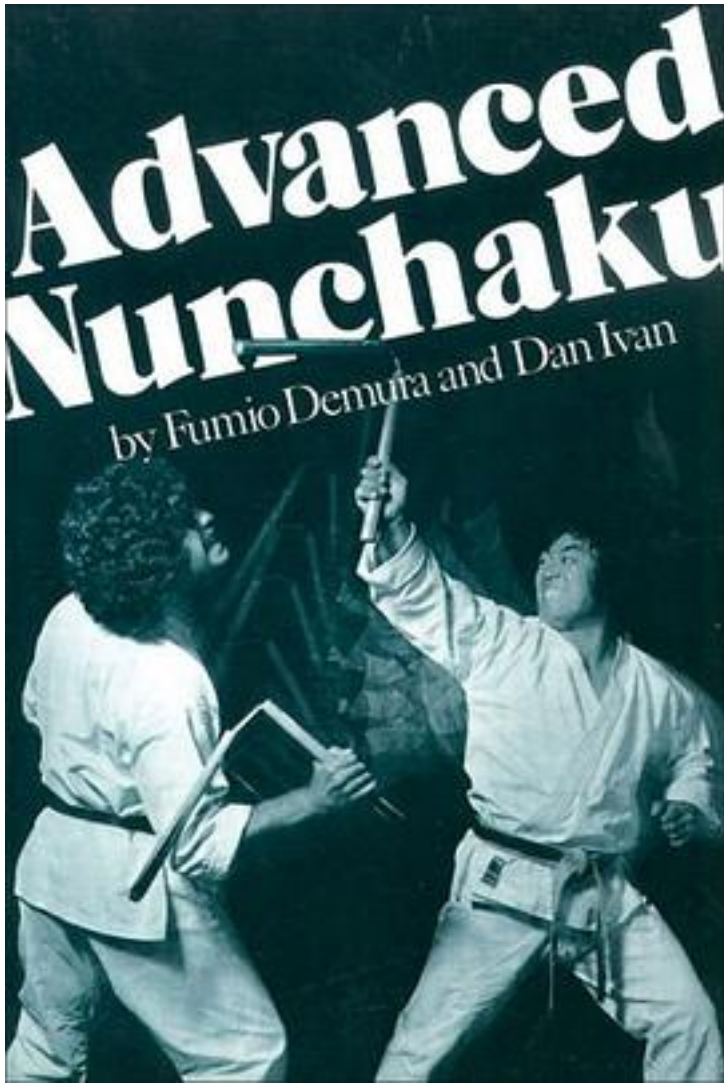


# Advanced Nunchaku



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著者:Fumio Demura

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Written by Fumio Demura, one of the world's leading authorities on Japanese weapons, this guide to advanced nunchaku covers variations of twirling and swinging, with two separate training kata.

作者介绍:

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