

Kumite



[Kumite 下载链接1](#)

著者:Grupp, Joachim

出版者:Perseus Distribution Services

出版时间:

装帧:Pap

isbn:9781841261515

Following an from Kihon and Kata, this fourth book in the series covers the third pillar

of Shotokan Karate - Kumite - meaning sparring. Using numerous photos, the Karetaka is lead, step by step, through the techniques. Tips on self-defence apart from the competitive variants round off the subject.

作者介绍:

目录:

[Kumite_下载链接1_](#)

标签

评论

[Kumite_下载链接1_](#)

书评

[Kumite_下载链接1_](#)