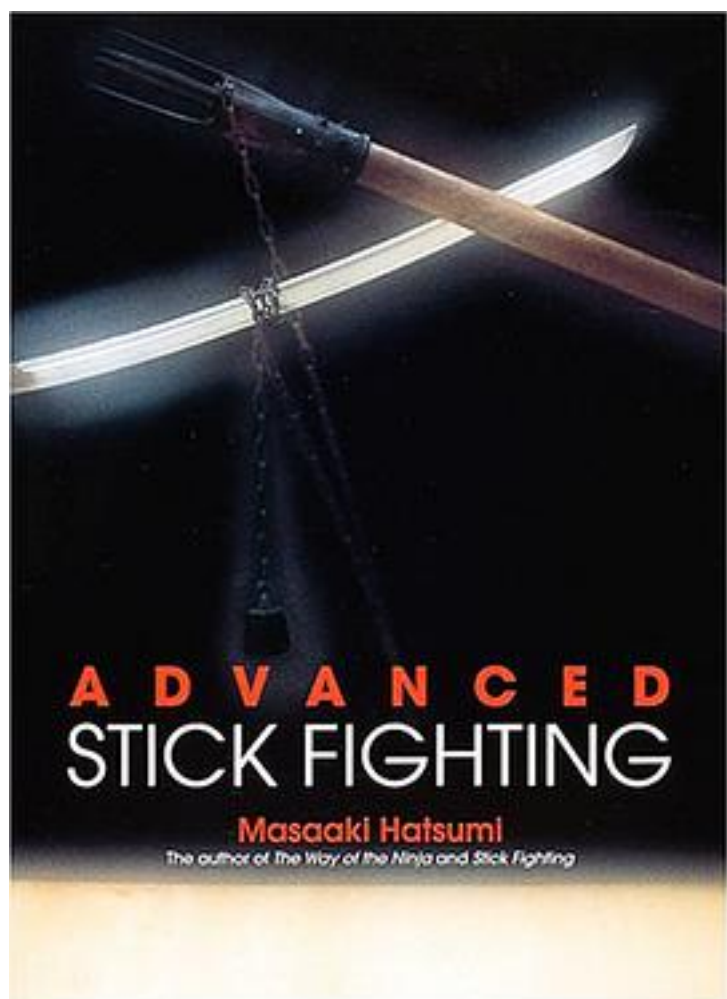


Advanced Stick Fighting



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著者:Hatsumi, Masaaki

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Hatsumi-sensei is the author of the best-selling "Stick Fighting" in which he explains the basic techniques of fighting with short sticks, and the recent Way of the Ninja; he is

Grandmaster of the Togakure-ryu school of Ninjutsu. In this new book, he builds on the techniques outlined in its predecessor, exploring the spirit of stick fighting, revealing many secret, advanced techniques, and dealing with the various techniques unique to long sticks. Readers will have the opportunity to practise by themselves, and gain insight into the true spirit of martial arts.

作者介绍:

目录:

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