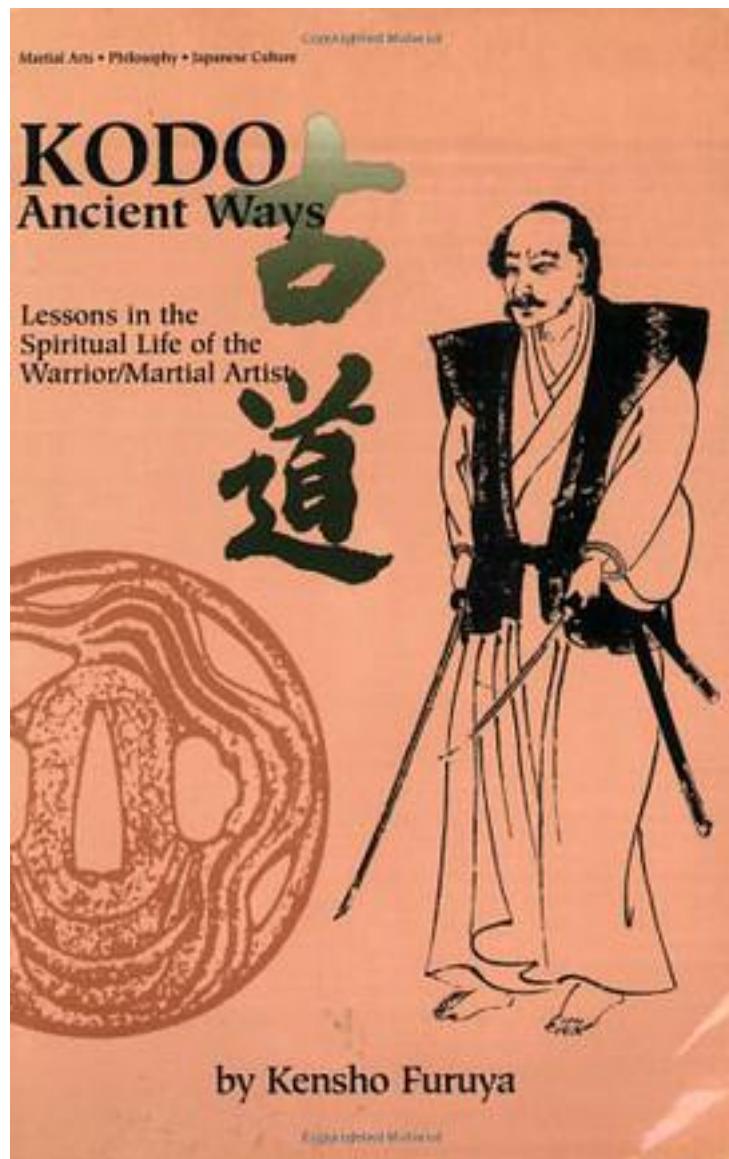


KODO



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出版者:Ohara Pubns

出版时间:1996-4

装帧:Pap

isbn:9780897501361

This is a compilation of columns that appeared between 1988 and 1995 in "Martial Arts Training" magazine. In this ever-changing world, traditions are often being cast aside as people search for novelty and progress. The 41 essays in this book are inspired by the teachings and wisdom of the ancients who devoted their lives to instruct others. Their ideas are preserved in this volume to inspire and guide readers in training and in life for years to come.

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