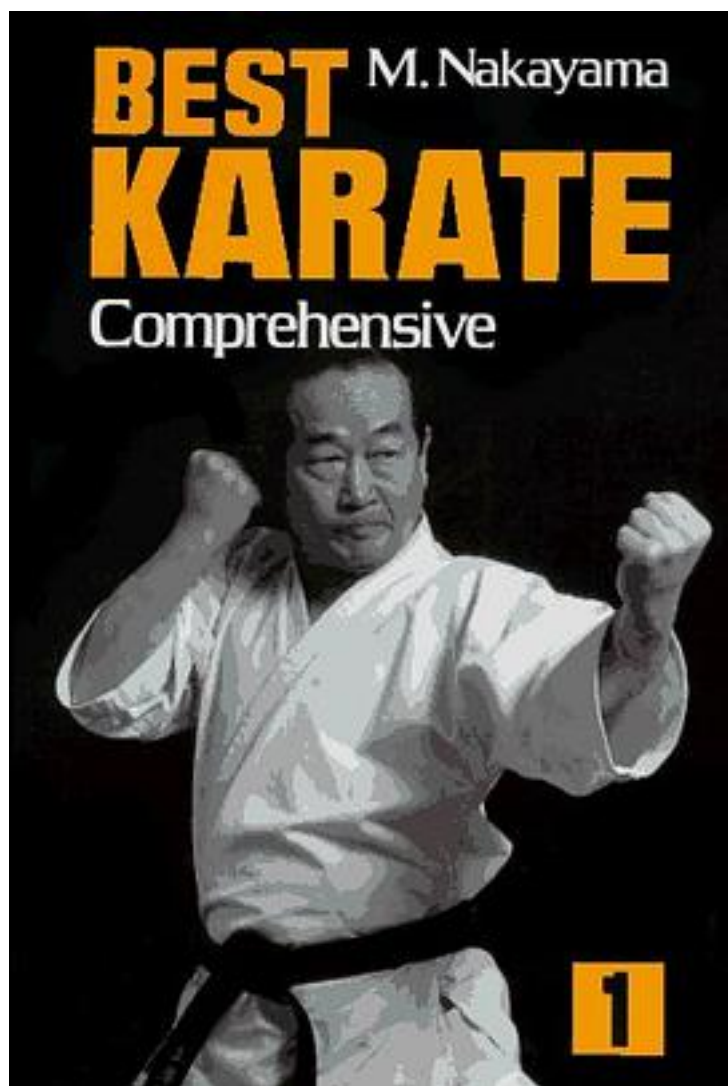


Best Karate



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出版者:Kodansha Amer Inc

出版时间:1986-1

装帧:Pap

isbn:9780870116803

These advanced kata may be selected for testing above shodan level. The techniques in Bassai Sho, using sword hand, ridge hand and tiger mouth, make good defenses against stick attacks. In Kanko Sho are many counter-attacks to the upper level. Chinte has unique techniques, the rarely seen tateken, and is especially valuable for women's self-defense.

作者介绍:

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