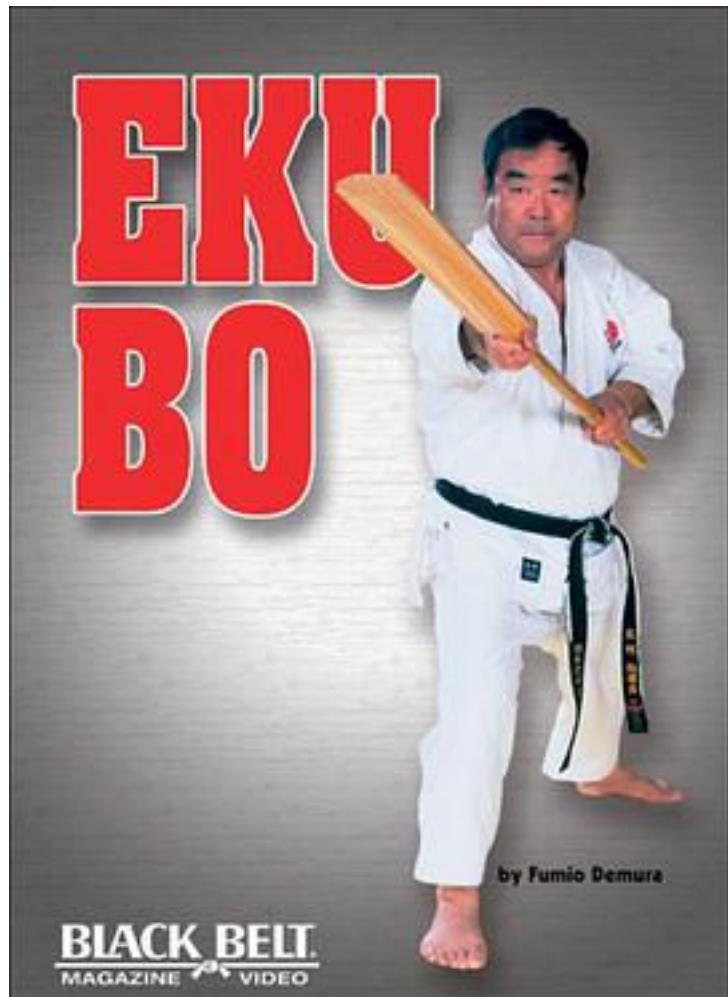


Eku Bo



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著者:Demura, Fumio

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In this video, Fumio Demura sensei covers basic stances, proper grips, defence movements, blocks, and counters of the eku bo - also known as the kai - an oar used

by Okinawan fishermen. A basic beginner's kata is also covered in this volume. Its approximate running time is 54 minutes.

作者介绍:

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