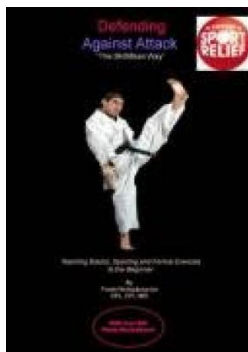


Defending Against Attack the Shotokan Way: Teaching Basics, Sparring and Formal Exercise to the Beginner



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Book Review

Extensive guide! Its such a very good read through. Of course, it can be play, nonetheless an amazing and interesting literature. You wont truly feel monotony at anytime of your respective time (that's what catalogs are for regarding should you request me).

(Prof. Elwyn McClure)

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