



Advanced Shotokan

By Frank Nezhadpournia

Frank Nezhadpournia. Paperback. Book Condition: new. BRAND NEW, Advanced Shotokan, Frank Nezhadpournia, Frank (Chief Instructor Actikarate Ltd) brings a comprehensive guide to Shotokan Karate! To improve understanding and supplement the development of the 'complete' karateka! The applications for techniques are performed incredibly well and he utilises his strength areas to produce a wonderful piece of work! Technically brilliant! Includes: Bunkai -- Concept Reaction Training; Advanced Kumite; Full Japanese Terminology.



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