

KARATE THE ART OF EMPTY-HAND FIGHTING

Paige Dollinger

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Marc De Bremaeker. I still purchase and give to my students as they advance in their training. This system consisted of techniques of blocking or thwarting an attack and counterattacking the opponent by punching, striking, or kicking.

Hereceivedmanyhonorsincludingaposthumousawardtotherankof10thDan.F

Richard Dennis rated it it was amazing Jun 13, The Quilting Path. No markings.

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