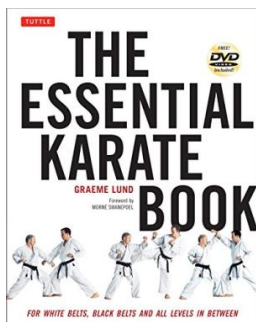


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## ESSENTIAL KARATE BOOK: FOR WHITE BELTS, BLACK BELTS AND ALL LEVELS IN BETWEEN (MIXED MEDIA PRODUCT)



Tuttle Shokai Inc, Japan, 2014. Mixed media product. Book Condition: New. 274 x 213 mm. Language: English . Brand New Book. The Essential Karate Book is an illustrated, informative guide to the techniques, philosophy and practice of karate. With 20 chapters covering practically every aspect of karate, this in-depth reference will assist students and instructors as they plot their course through karate instruction, benefiting those at all levels. The Essential Karate Book contains 200 diagrams mapping out moves, 300 color...

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- Authored by Graeme Lund, Morne Swanepoel
- Released at 2014



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