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BEGINNER'S GUIDE TO FANTASY BOOKS

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that practice Karate. Although quite dated, as it was first published in 1983, the Karate is still the same practiced now. The pictures are concise and the text is just enough to help you understand. This is an excellent book to aid with proper lessons.

Beginners' Guide to Shotokan Karate: Beginner to Black ...

These 4 DVDs make an ideal companion for those making the journey from beginner to Black Belt. Beginners Guide To Shotokan Karate. Kihon: Fundamental techniques. Kata: Kihon Kata, Heian Shodan and Heian Nidan. Kumite: Gohon Kumite - five step sparring. Intermediate Guide To Shotokan Karate. Kihon: Fundamental techniques.

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Frank Brennan: Guide Set - Kamae

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