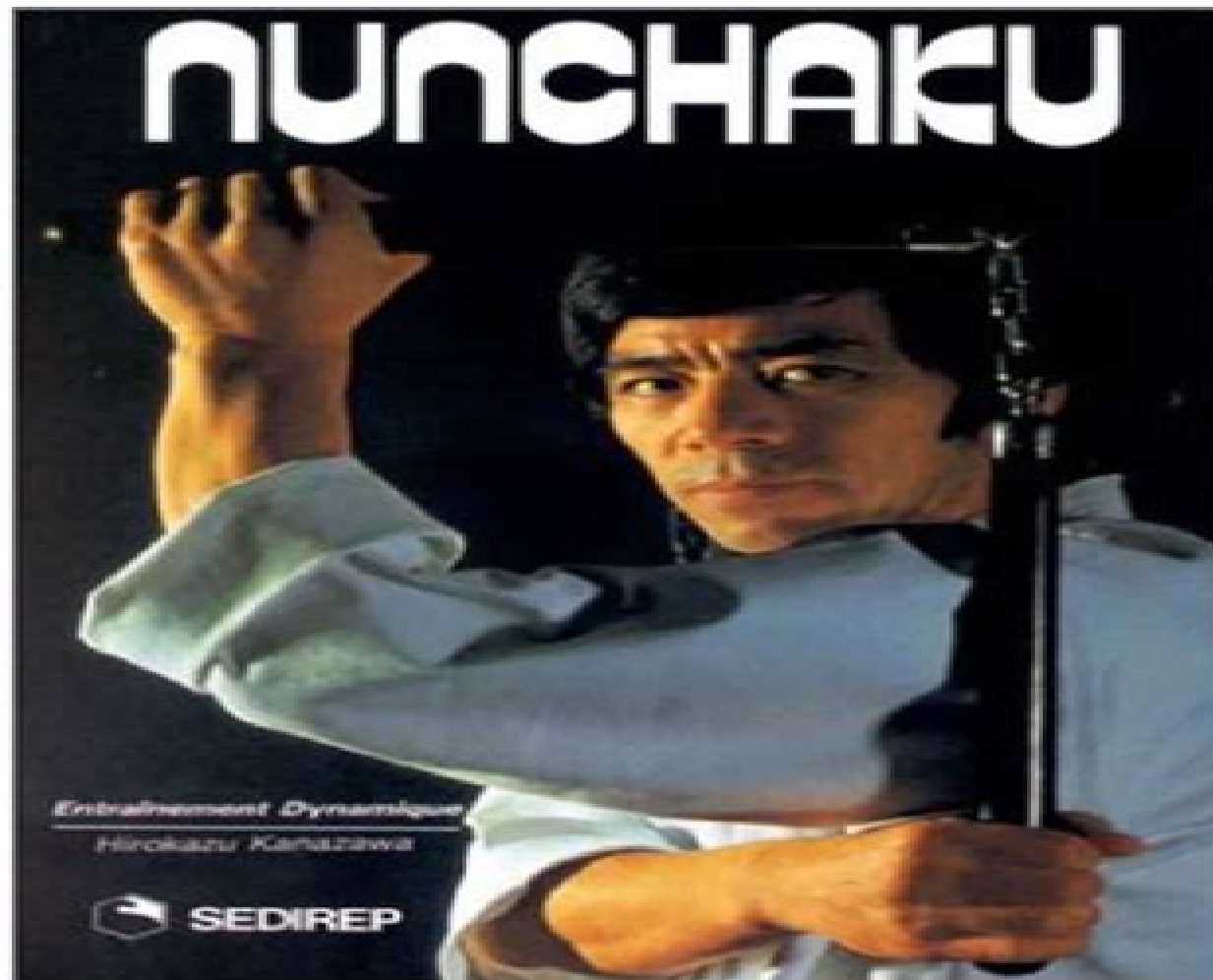


Hirokazu Kanazawa — Nunchaku dynamic training

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Nunchaku Dynamic Training

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Nunchaku Hirokazu Kanagawa,1982-12-01 *Nunchaku* Hirokazu Kanazawa,1982 *Dynamic Nunchaku* Tadashi Yamashita,1986 Tadashi Yamashita head instructor of shorin ryu in the United States and American Karate Association demonstrates dynamic nunchaku techniques stressing spontaneity with classical form In this practical fully illustrated guide Yamashita teaches the development of lightning skills with both single and double nunchaku **Black Belt** ,1995-07 The oldest and most respected martial arts title in the industry this popular monthly magazine addresses the needs of martial artists of all levels by providing them with information about every style of self defense in the world including techniques and strategies In addition Black Belt produces and markets over 75 martial arts oriented books and videos including many about the works of Bruce Lee the best known marital arts figure in the world FACTS AND FALLACIES ABOUT MARTIAL ARTS & SELF DEFENSE VOL. 1 Joseph Truncale,2015-06-02 If you are into the martial arts self defense and combative fields this is a book that explores the many myths misconceptions facts and fallacies surrounding the martial arts self defense and combatives This is actually a two volume set but each one can stand alone Volume two covers Facts and Fallacies about law enforcement and defensive tactics This is just a small sample of the many questions you will find answers to in this manual What martial art has the best punching techniques What martial art has the best throwing techniques What martial art has the best grappling techniques Can a black belt defeat any street fighter Are Asian instructors always the best teachers Are there any American martial arts masters Are all black belts experts in self defense Do all martial arts really teach practical street wise self defense This is a book for anyone interested in learning the truth and facts about the martial arts and self defense **Black Belt** ,1988-09 The oldest and most respected martial arts title in the industry this popular monthly magazine addresses the needs of martial artists of all levels by providing them with information about every style of self defense in the world including techniques and strategies In addition Black Belt produces and markets over 75 martial arts oriented books and videos including many about the works of Bruce Lee the best known marital arts figure in the world **Black Belt** ,1988-08 The oldest and most respected martial arts title in the industry this popular monthly magazine addresses the needs of martial artists of all levels by providing them with information about every style of self defense in the world including techniques and strategies In addition Black Belt produces and markets over 75 martial arts oriented books and videos including many about the works of Bruce Lee the best known marital arts figure in the world Black Belt ,1989-01 The oldest and most respected martial arts title in the industry this popular monthly magazine addresses the needs of martial artists of all levels by providing them with information about every style of self defense in the world including techniques and strategies In addition Black Belt produces and markets over 75 martial arts oriented books and videos including many about the works of Bruce Lee the best known marital arts figure in the world Black Belt ,2000-06 The oldest and most respected martial arts title in the industry this popular monthly magazine addresses the needs of martial

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