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By Fumio Demura

Nunchaku Karate Weapon Of Self Defense

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Nunchaku Fumio Demura,1980 Nunchaku Karate Weapon of Self-defense Ryū Murakami, 2004 **Classical Kata** of Okinawan Karate Pat McCarthy, 1987 Pat McCarthy a shorinji ryu stylist and triple crown winner of the North American Karate Championships in 1974 demonstrates 11 karate kata A detailed history of Okinawan karate and biographies of 37 of its greatest patriarchs are also included Tai Chi Chuan Marshall Ho'o,1986 Tai Chi Chuan is an exercise for the body a method of relaxing the mind and a way of reacquainting oneself with one s sense of spiritual balance This book offers a course in tai chi chuan suitable for novices Ninja Volume 5: Lore of the Shinobi Warrior Stephen Hayes, 1989 Hayes addresses the misconceptions associated with ninjutsu and teaches advanced concepts such as contemporary self defense techniques movement as art and fighting from the ground Also included is a lengthy interview with the author that provides readers with further insight into the mind of one of the world's greatest martial artists The Legendary Bruce Lee Jack Vaughn, Mike Lee, 1986 Examines the life of martial artist and actor Bruce Lee following him from his formative years in Hong Kong to his controversial death discusses his training methods and philosophy of martial arts looks at his movie work and includes reminiscences by friends and colleagues Budoshoshinshu Yūzan Daidōji,1984 This 17th century text written for the education and guidance of Japanese warriors delineates the ethics morality and daily duties of a class of people dedicated to honor and courage William Scott Wilson holds a master s degree in Japanese language and literature

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