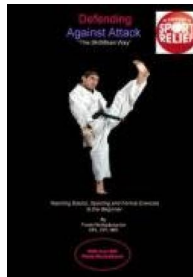


Defending Against Attack the Shotokan Way: Teaching Basics, Sparring and Formal Exercise to the Beginner



Book Review

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