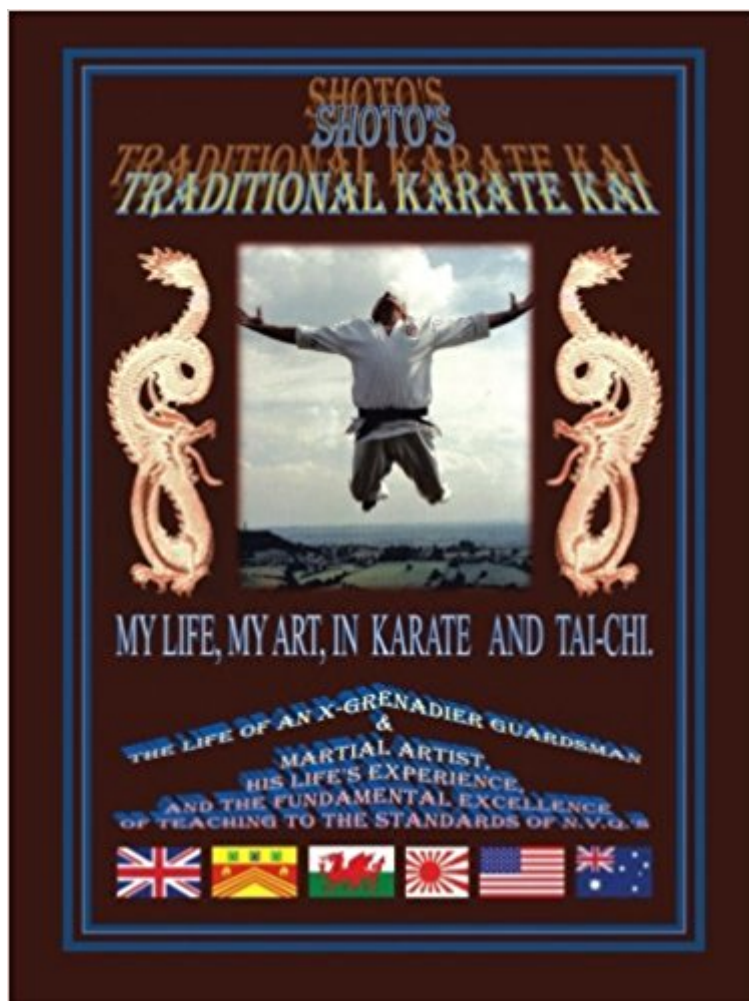


The book was found

Shoto's Traditional Karate Kai: My Life, My Art, In Karate And Tai-Chi



Synopsis

THE SHOTO'S TRADITIONAL KARATE KAI In this book I wanted to pass on my experience and Standards of excellence, which I have carried over from my years of service I spent in the Grenadier Guards, and of the teaching standards of N.V.Q's in Combat sports with the Martial Art. Of communication and the teaching abilities, on how to get the best possible standard of technique, and practices of your students. To pass on the research of diet and of my own standard of fitness and advice on the ability that I have achieved throughout my life.

Book Information

Paperback: 204 pages

Publisher: AuthorHouseUK (December 13, 2012)

Language: English

ISBN-10: 1477247254

ISBN-13: 978-1477247259

Product Dimensions: 8.2 x 0.5 x 11 inches

Shipping Weight: 1.3 pounds (View shipping rates and policies)

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