

Fumio demura pdf

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In a defensive situation, however, it could be used to strike, block, hit, twist and The early practitioners of karate in Okinawa quickly incorpo- rated the art of kobu Read & Download PDF Nunchaku: Karate Weapon of Self-Defense by Fumio Demura, Update the latest version with high-quality. Read & Download PDF Nunchaku: Karate Weapon of Self-Defense by Fumio Demura, Update the latest version with high-quality. The nunchaku was constructed of two hardcause of its innocent appearance, the nunchaku could easily be mistaken for a toy or harmless bundle of sticks. Try NOW! "It looks simple, but really it"s a hard weapon to use proper

 Difficulté **Moyen**

 Durée **536 heure(s)**

 Catégories **Sport & Extérieur**

 Coût **392 EUR (€)**

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Commentaires

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