



Beginning Karate

RD Boyd



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middleweight division demonstrates the techniques of shotokan karate for the novice and discusses the most common errors made by the beginner

The Journal of Physical Education ,1962

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Beginning Strength Training Lori Coleman,1998 Introduces the sport of strength training including its history terminology workouts and competitions

Martial Arts & the Law Karl J. Duff,1985

Indiana University Bulletin ,1975

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