

Beginners Guide To Shotokan Karate

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John Van Weenen is the author of The Beginner's Guide to Shotokan Karate (4.00 avg rating, 6 ratings, 0 reviews, published 1992), Advanced Shotokan Karat

This edition contains answers to the countless questions raised by beginner's in their quest for knowledge of this fascinating martial art. These now include sections

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