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The shotokan karate bible: beginner to black belt:

application of techniques and grading requirements as I advance from white belt to black belt. "The Shotokan Karate Basic Guide: Beginner to Black Belt

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The shotokan karate bible : beginner to black belt

The Shotokan Karate Bible : Beginner to Black Belt (Ashley P. Martin) at Booksamillion.com. "A comprehensive and authoritative guide to Shotokan karate." Shotokan is

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Beginners Guide To Shotokan. This is the perfect book for the new student of traditional Shotokan Karate. The Shotokan Karate Bible: Beginner to Black Belt

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A beginner's guide to shotokan karate - hubpages

A brief introduction to Shotokan Karate, for those who are interested in starting, or have just started lessons.

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