

THE 100 DEADLIEST KARATE MOVES

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"The 100 Deadliest Karate Moves" - The REAL Meaning of Karate

Last week, while browsing some Karate books, I found a really interesting book. It is in English, and on the front page it says (with big bold letters): The 100 Deadliest Karate Moves . Dude I just had to read a little! I won't do a review though. It's seriously not necessary, and you will understand []

The 100 Deadliest Karate Moves

The most dangerous punch [Okinawa Karate | Masaaki Ikemiyagi] [] - Duration: 10:41. Okinawa Traditional Karate Channel

Full text of "The 100 Deadliest Karate Moves.pdf (PDFy ...

The 100 Deadliest Karate Moves by Dr. Ted Gambordella, 5th Dan www.MartialArtsBooks.com Basic Strikes The Front Snap Kick Lift the knee of the kicking leg as high as possible in front of the body, be sure to keep the fists tight, and the toes turned upward to prevent damage to the foot. The 100 Deadliest Karate Moves: Dr. Ted Gambordella ...

To begin with, this book is not "How to Learn to Kill People After Just One Reading!" In fact, the author often stresses his disapproval of deadly force. However, for those who have at least intermediate martial arts training, this book offers ideas on how to repulse an attacker. The book begins

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100 Deadliest Karate Moves Learn how to fight to the death utilizing the 100 most lethal kicks, shotos and blows known to the worlds greatest karate masters. More than

100 dramatic photos cover snap kicks, heel kicks, vital points of the head and chest, shotos, palm heels, ridge hands and streetfighting with karate.

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