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Classical Kata of Okinawan Karate (Japanese Arts)

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Classical Kata of Okinawan Karate (Japanese Arts) Pat McCarthy
McCarthy, a shorinji-ryu stylist and triple-crown winner of the North American Karate Championships in 1974, demonstrates 11 karate kata. A detailed history of Okinawan karate and biographies of 37 of its greatest patriarchs are also included. Fully illustrated.

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