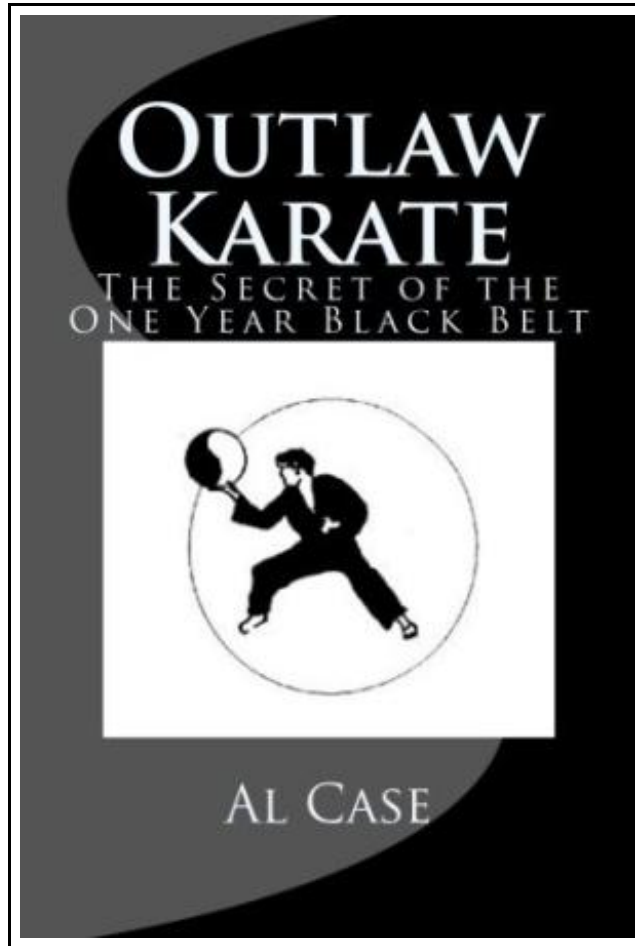


Outlaw Karate: The Secret of the One Year Black Belt



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Reviews

*Merely no words and phrases to describe. I really could comprehend almost everything using this created e pdf. Your daily life period will be change once you full reading this ebook.
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CreateSpace Independent Publishing Platform. Paperback. Book Condition: New. This item is printed on demand. Paperback. 158 pages. Dimensions: 9.0in. x 6.0in. x 0.4in. About Outlaw Karate: Outlaw Karate was designed to get a person from white belt to black belt in one year. It is a synthesis of Kang Duk Won Korean Karate and Kwon Bup American Karate. Duplicate and unworkable material was tossed out, and the resulting material was drilled endlessly. Here are the original forms and techniques, along with the unique theory, that made this art a true breakthrough in the Martial Arts. About the Author: Al Case began Martial Arts in 1967. He has studied Kenpo, Karate, Northern Shaloin, Southern Shaolin, Aikido, Wing Chun, Tai Chi Chuan, Pa Kua Chang, and much more. He became a writer for the martial arts magazines in 1981, and had his own column (Case Histories) in Inside Karate. Currently, he resides on a mountain top in Southern California where he is building a Martial Arts temple. This item ships from La Vergne, TN. Paperback.



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