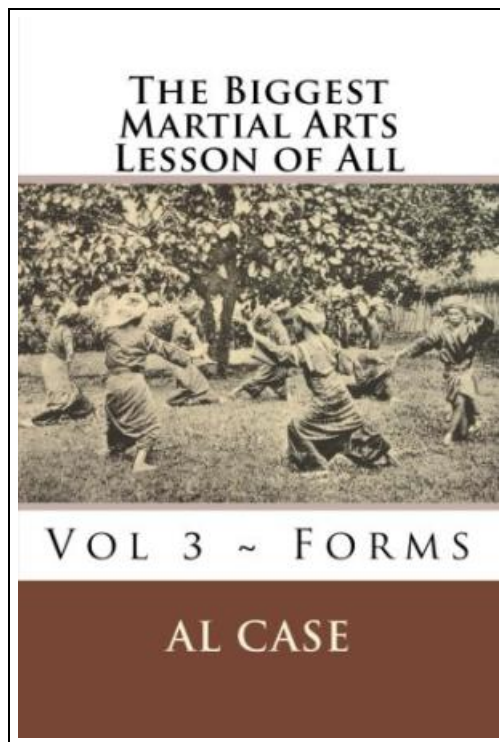


Biggest Martial Art 3 (Paperback)



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Reviews

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(Sister Langosh)

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Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.The Biggest Martial Arts Lesson of All is a massive 10 volume exploration into the martial arts. It was written by Al Case, 8th degree Black Belt with over 50 years experience. The ten volume set includes 800 chapters, 1500 pages, on ALL the things learned in a career spanning five decades. Simply, there is MORE knowledge here than in ANY other work on the martial arts. This book, Volume Three, deals with the forms of the martial arts, and includes sections on: Forms The rank of Black Belt and how to get there the Zen state of mind The ten volumes include: Vol 1 Origins Vol 2 Basics Vol 3 Forms Vol 4 Fighting Vol 5 Weapons Vol 6 Kung Fu Vol 7 Chi Power Vol 8 Matrixing Vol 9 Neutronics Vol 10 Odds and Ends Over 60 chapters in this book, including. The Results of Perfect Form Is Kata Worth Anything? The Secret Golden Power of Karate Using Karate Techniques to find the True Art 3 Steps to Building Ki Power by Applying Flux Theory to Karate Kata How to Jam Power Down Your Legs in Karate Kata Heian Three Karate Self Defense Moves from Pinan Three Karate Throws for Fun and Maim! Setting Up the Flux in Kata Pinan Five The Truth About the Karate Ki-ai! Karate Kiai and The Secret of Kotodama The Leopard of Kung Fu Resurrected.The Secrets of Passai Kata Pegging Your Stance Is One Of The Secrets of Classical Karate Forms Uncovering the Mysteries of Naihanchi Kata Three Things to be Learned from Kata Unsu You Need a Black Belt Before You. The Three Essential Elements A Good Karate Black Belt Must Have What is...



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