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DEFENDING AGAINST ATTACK THE SHOTOKAN WAY: TEACHING BASICS, SPARRING AND FORMAL EXERCISE TO THE BEGINNER



Frank Nezhadpournia. Paperback. Book Condition: new. BRAND NEW, Defending Against Attack the Shotokan Way: Teaching Basics, Sparring and Formal Exercise to the Beginner, Frank Nezhadpournia, This is the latest book in the series teaching students "Basic Shotokan Karate". With a twist, explaining how, with what, and when an attack is likely to occur! Providing a definitive guide to Street Self Defence for the beginner, "The Shotokan Way" with the aid of over 500 photographs, A simple 20 Lesson Plan teaches...

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- · Authored by Frank Nezhadpournia
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