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Joko Ninomiya ( ) is the Ashihara and Enshin karate In 1980 Kancho Hideyuki Ashihara Joko; Ed Zorensky (1998). Sabaki Method: Karate in the Inner Circle

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and Kancho Joko Ninomiya s Enshin Karate and was very inner circle of Enshin Karate represents Sabaki method, as practiced in Enshin Karate

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Enshin s Sabaki Method Karate for the 21st Century. Enshin Karate is unique for its blend of circular strategy, rhythmic punching and kicking attacks combined

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Tai sabaki ( is a term from Japanese martial arts and which relates to 'whole body movement', or repositioning. It can be translated as body-management.

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