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Kancho Joko Ninomiya (founder of Sabaki Method-Eshin Karate) and Ed Zorensky have produced an outstanding text in martial arts sparring and fighting strategies.

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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

Kancho joko ninomiya

Kancho Joko Ninomiya Sabaki Method: Karate in the Inner Circle Publisher: Frog Books; Likely 1st Edition edition (October 1, 1998) Language: English

J k ninomiya - wikipedia, the free encyclopedia

Joko Ninomiya was born on January 27, 1954, in Yawatahama, Shikoku, Japan. Sabaki Method: Karate in the Inner Circle. Berkeley, California: Frog,

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Tai sabaki - wikipedia, the free encyclopedia

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