

Sabaki Method: Karate In The Inner Circle By Kancho Joko Ninomiya

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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 (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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