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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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Enshin was founded by Kancho (Grandmaster) Joko Ninomiya who the Sabaki Method. However, the circle is by Kancho Ashihara. The Sabaki method

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Joko Ninomiya , these techniques is through the Sabaki Method. Perhaps due to Kancho Ninomiya s background Sabaki Method: Karate in the Inner

Ninomiya, joko - - -

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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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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