



My Way of Kobudo: (Okinawan/Japanese) Book One

Sam Moledzki

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"My Way Of Kobudo" Book One is an introduction of various Okinawan and Japanese ancient Martial Arts weapons including the Bo; Tonfa; Kama; Sai and the Nunchaku Kata (patterns/forms) along with some appropriate analysis of the weapons suitable for the beginner to advance level practitioners.

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