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BLACK BELT BOOKS, 2013. DVD video. Condition: New. Language: English . Brand New Book. Explaining and demonstrating 60 techniques and conditioning drills in hard core sparring, this two-DVD set will enable karate students to succeed in their own sparring training while developing physical endurance and flexibility. A complete range of techniques are included in the tutorials, including blocks and counters, double attacks, double kicks, drills for kicking and dodging, feinting, front-kick combinations, and roundhouse kick drills. All of the expert demonstrations are performed by Kenji Yamaki, a powerhouse in the art of kyokushin karate. Originally recorded in Yamaki s native Japanese, this dual-language edition features an English voiceover.

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