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THE SUPER DAN METHOD OF FREE-FIGHTING: TAKING YOUR SKILLS TO THE NEXT LEVEL (PAPERBACK)

The Super Dan Method of Free-Fighting



Taking Your Skills To The Next Level
Prof. Dan Anderson - 10th Dan
National and World Free Fighting Champion
Judo Grand Slam Winner, Judo Olympian

Createspace Independent Publishing Platform, 2018. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. The Super Dan Method of Free-Fighting lays out the technology of free-fighting in an easy to learn and effective manner so that any student who applies this material can up their game immediately. Prof. Dan Anderson, a world champion and 10th Dan Black Belt, has spent 51 years refining his knowledge so that the average karate student can immediately impact their...

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- Authored by Prof Dan Anderson
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