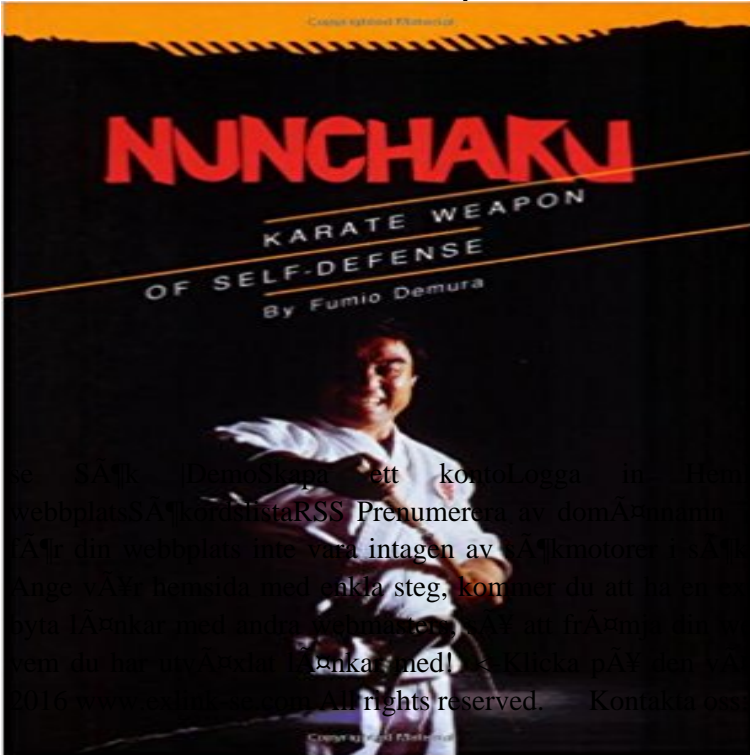


Nunchaku: Karate Weapon of Self-Defense



All-Japan Karate Champion Demura demonstrates the movements and fighting applications of the nunchaku. This book features gripping stances, blocking, striking, footwork, nunchaku and karate similarities, and more than 20 defenses against other weapons. Fully illustrated.

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