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Beyond Kick & Punch: The Complete Fighting Principles of American Freestyle Karate

The american freestyle karate black belt manual:

The American Freestyle Karate Black Belt Manual is a compilation of the personal notes and writings over American Freestyle Karate - The Master Text. Dan Anderson.

The american freestyle karate black belt manual

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(calling his system American Freestyle Karate in the early 1970s). He owns and operates Dan Anderson Karate in have a clever mind, and master the

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Hello, everyone! Happy Spring. This is KATA week. You will be working for your BLUE stripes this week. Don't forget about karate portraits at the studio this Saturday!

" american freestyle karate - the master

This is the most comprehensive text written on the subject of karate for the new millennium. Written by world champion, "Super Dan" Anderson, this book covers

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type of karate we do here at Dan Anderson Karate Anderson is the founder of American Freestyle Karate is Anderson is a certified Grand Master in

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