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KUBOTAN POWER BY SAMMY FRANCO

PDF - Search results, This training manual focuses on knife-defense. Knife-defense is the ability to defend yourself against an attacker that has a knife, but the techniques can be applied to many other weapon attacks., Un libro " documento scritto costituito da un insieme di fogli, stampati oppure manoscritti, delle stesse dimensioni, rilegati insieme in un certo ordine e racchiusi da una copertina., Cane, Walking Stick, Zhang, Guai Gun, Tune, Jo, Three to Four Foot Wooden Stick, Short Hiking Staff T'ai Chi Ch'uan Cane Weapon Practices, Taiji Walking Stick, Taiji Cane, JÅ•kutsu, JÅ•dÅ•, Jangbong, Hanbo, Bat, Club, Cane Fu

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