

28<sup>TH</sup> EDITION

# MANUAL OF STANDARD PRACTICE 2009

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web dopo essere stato sotto la guida di maestri famosi quali ed parker e bruce lee hyams racconta 30 anni di esperienza nella pratica delle arti marziali e rivela che l'applicazione quotidiana dei principi dello zen non solo favorisce lo sviluppo delle abilità fisiche ma può anche donare quella disciplina mentale che consente di controllare