

馬鹿空手

KARATE STUPID

A True Story of Survival
Scott Langley

Karate Stupid Scott Langley

Paul Yanuziello



Karate Stupid Scott Langley:

Karate Stupid Scott Langley,2014-02-10 The Japanese Instructors Course is infamous in the karate world In 1997 only four westerners had completed this elite martial training Karate Stupid is the true story of Scott Langley s Journey spanning five years chronicling the highs and lows of facing karate s toughest challenge and how he learnt to survive and never give in

Life on the Beaver River Paul Yanuziello,2024-10-07 Life on the Beaver River by Paul Yanuziello is a must read for fans of animal adventure Explore the rugged wilderness of the Beaver River and discover the adventures of Reddy a brave red squirrel determined to find his place among the diverse creatures who call the river home From facing fierce birds of prey and a trio of enemies who want Reddy gone to befriending a duck who thinks he is a goose Reddy s journey is full of fun excitement and danger This exhilarating tale brought to life with stunning illustrations by Joshua Miller will capture the hearts of readers of all ages

Shu-Ha-Ri - Evolving Karate Thoughts Scott Langley,2018-06-02 I started writing articles when I was twenty two years old what did I know Four short years earlier my A Level history teacher had called me semi illiterate after I handed in a sloppily written essay However youth is wasted on the young and wisdom is wasted on the old With childlike enthusiasm I set about publishing my thoughts and ideas As age tried to crow bar a little wisdom into me the topics I focused on and the beliefs I formulated changed So too did my writing For this book I have cherry picked thirty five articles spanning twenty three years They are the musings of an insomniac s mind I hope they shed a little light on how I have bumbled along the way and endeavoured to create my own version of Shu Ha Ri

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