

AMERICAN OPEN KARATE SYSTEM



米國開空手系

Volume I

ILLUSTRATED TRAINING MANUAL

10th CLASS WHITE BELT - 6th CLASS GREEN BELT

Art Form • Self-Defense • Grab Arts • Fighting Techniques

Headmaster Jerry C. Piddington
Chief Instructors Ricky and Randy Smith

Illustrated Karate Training Manual

M Planty



Illustrated Karate Training Manual:

Embark on a breathtaking journey through nature and adventure with is mesmerizing ebook, Witness the Wonders in **Illustrated Karate Training Manual** . This immersive experience, available for download in a PDF format (*), transports you to the heart of natural marvels and thrilling escapades. Download now and let the adventure begin!

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