

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

Michael Seilmaier

A red circular graphic with a gradient, appearing as a stylized 'C' or a partial circle, located to the right of the author's name.

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