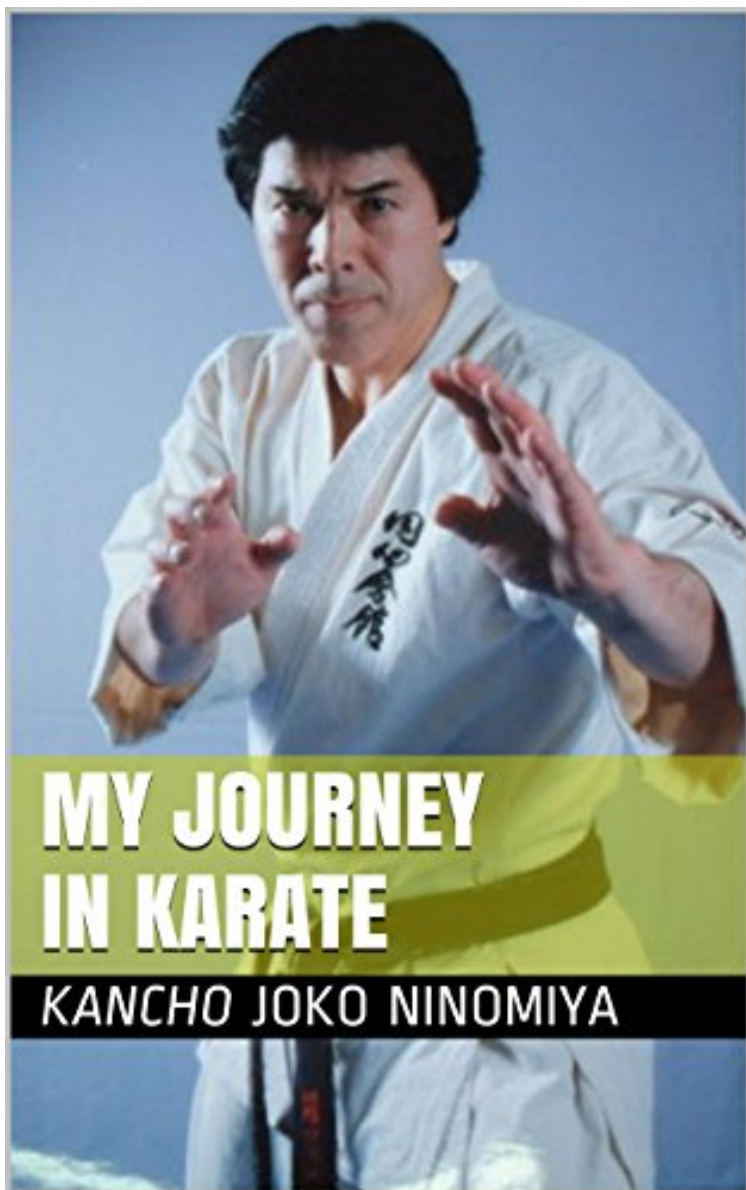


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Description :

Prsentation de l'diteurFollow the path of budothe warriors code of conductas it unfolds in the life of karate master Kancho Joko Ninomiya. Grandmaster of Enshin Karate and creator of the Sabaki Challenge, Kancho Ninomiya reveals how the spirit of feudal Japanese warriors inspired him as a boy and continues to shape his life as a man. My Journey in Karate describes the rigors of Ninomiyas early training in judo before a chance meeting introduced him to an innovative karate sensei who changed his life. In addition to Kancho Ninomiyas own story, My Journey in Karate includes an extended section of Ninomiyas reflections on training, competition, strategy, and the lessons of karate both in and out of the dojo.Revue de

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