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Books Details:

Title: Okinawan Karate: Teachers, St
Author: Mark Bishop
Released: 1999-10-15
Language:
Pages: 176
ISBN: 0804832056
ISBN13: 978-0804832052
ASIN: 0804832056

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Description:

About the Author Mark Bishop lived in Okinawa for more than fifteen years, studying with, interviewing, and writing about many of the best-known Okinawan martial arts masters. Married to the daughter of a prominent Okinawan religious leader, he has been allowed unusual access to the inner teachings and opinions of many of the masters he has encountered. Upon his return to England, he established himself as an in-demand martial arts lecturer and teacher. He is the author of Zen Kobudo (Tuttle, 1996) and writes extensively for martial arts magazines. He lives in Sussex,

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