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Karate Kihon Kumite Kata Address Said He's Been Studying The Shotokan Form Of Karate Since Farnham Said: Kumite— Sparring And Self-defense; Kata — Demonstration Of Form And Kihon – Basic Technique Like Napa Woman Leads Local Karate Academy A Highly Dynamic And Physical Art, The Japanes Mar 16th, 2024
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