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Jul 12, 2013 This is a clip of a portion of the book Bo: Karate Weapon of Self Defense that I animated while playing around with the movie maker on picasa. The Japanese

Fumio demura books and dvds highlight karate

sai and kama among other weapons, karate weapons master Fumio Demura offers a deep store at blackbeltmag.com/fumio. Bo: Karate Weapon of Self-Defense;

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Sensei Fumio Demura s books are absolute classics, covering the basics and beyond of kobudo in a clear and detailed manner, this book on the bo staff is no different.

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Bo: Karate Weapon of Self-Defense book by Fumio Demura on sale at Karate-Mart. This book helps readers learn proper Bo techniques. ACCOUNT; NEW ITEMS;

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Fumio Demura BO: Karate Weapon of Self-Defense Publisher: Black Belt Communications; 1st Edition edition (May 1, 1976) Language: English Pages: 184

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Fumio Demura is a Black Belt Hall of Fame member and one of the most respected weapons masters in the world. His books on sai, bo, tonfa, and nunchaku are among the

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Fumio demura - wikipedia, the free encyclopedia

Fumio Demura (, Demura Fumio ?, born September 15, 1938) is a Japanese master of karate. He is a well known master of karate and kobudo (weaponry), and

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By Fumio Demura Contains basic forms and sparring for the six-foot karate staff. Demura covers stances, striking, blocking, combinations, sparring, and an entire

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Japanese wooden staff "bo" weapon made in the shape of a walking stick, such as karate. as new methods of defense. This use of weapons developed into kobudo,

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