



Classical Kata of Okinawan Karate (Japanese Arts)

By Pat McCarthy

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McCarthy, a shorinji-ryu stylist and triple-crown winner of the North American Karate Championships in 1974, demonstrates 11 karate kata. A detailed history of Okinawan karate and biographies of 37 of its greatest patriarchs are also included. Fully illustrated.

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Classical Kata of Okinawan Karate (Japanese Arts) By Pat McCarthy Bibliography

- Rank: #1900812 in Books
- Brand: Brand: Black Belt Communications
- Published on: 1987-06-01
- Original language: English
- Number of items: 1
- Dimensions: .56" h x 5.88" w x 8.85" l, .75 pounds
- Binding: Paperback
- 256 pages

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