

The Kasumi-An Martial Art of To-Shin Do

Kategoria:



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To-Shin Do reality-based training provides a modern approach to handling successfully the kind of threats and confrontations most likely in our contemporary culture. Insights, exercises, inspirations and the training methods, skills, and knowledge required for your first belt test in the martial art of To-Shin Do. Warrior etiquette, basic 5-element fighting theory, codes for generating success, belt testing, and philosophy.