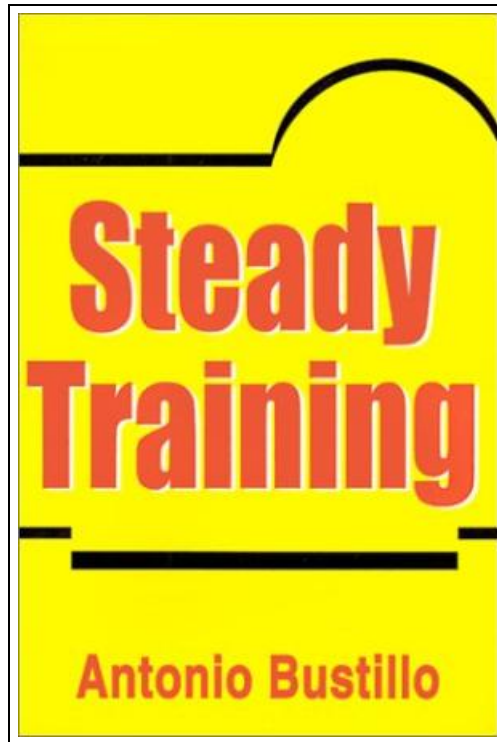


## Steady Training



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### ***Reviews***

*The book is great and fantastic. It is written in straightforward words and phrases rather than difficult to understand. You won't really feel monotony at any time of your respective time (that's what catalogues are for regarding should you question me).*  
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iUniverse. Paperback. Condition: New. 288 pages. Dimensions: 9.1in. x 6.2in. x 0.7in. The story describes the journey of one man through 30 years of martial arts training. From the first karate class with a newly arrived Japanese instructor in 1971, he goes on to study with eminent martial artist of today. Among them are, Toyotaro Miyazaki, the nationally rated competitor of the 60s and 70s described by Chuck Norris as one of his toughest opponents, and Ken Ogawa one of the toughest fighters to come out of Morio Higaonnas Yoyogi dojo. The other instructors are Kiyoshi Yamazaki, trainer and choreographer for Arnold Schwarzenegger in the Conan movies and Joko Ninomiya, All Japan Kyokushin Champion and creator of the Sabaki Challenge tournament. Memorable moments depict meetings at the AAU Nationals with notables as Billy Blanks, Mr. Tae Bo, and Chuck Merriman. As a young student in the traditional Shotokan system, this narrative chronicles the transition to the eclectic modern training methods. This evolution the result of hard-earned lessons in real life encounters while working as a Miami Police Officer on the mid-night shift. This item ships from multiple locations. Your book may arrive from Roseburg,OR, La Vergne,TN. Paperback.



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