

一心流空手道

D O N N A G L E ' S

(A . O . K . A . I N C .)

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“HOW DOES IT REALLY WORK” MECHANICS OF MARTIAL ARTS

You have been practicing MARTIAL ARTS for years. You are proficient in YOUR fighting system. But, there is something MISSING. You want to know the “Hidden Secrets” of how your Martial Arts work; the “Hidden Secrets” that were spoken of in legend.

The “Hidden Secrets”... are they attainable? You CAN know “HOW IT REALLY WORKS” — LET US SHOW YOU ! With Introductory Seminars and Advanced Certifying Classes in technique; you will not only know the how's of your art; but the why's, when's and where's.

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- OKINAWA
- EUROPE
- U.S.A.
- BIOMECHANICS
- FORCE DYNAMICS
- ANATOMY
- PHYSIOLOGY
- TUI TE
- NERVE POINT TECHNIQUES
- KNOCKOUT TECHNIQUES

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