

Training Manual for Isshin Ryu Karate

(White belt to 4th Degree Black Belt)

一心流空手道



一心流空手道

History - Terminology - Dojo Rules - Stances
Basics - Kata - Sparring - Belt Requirements

by Bryan C Winkelman
1st edition

Isshinryu Karate Manual

Katrin Zwirglmaier

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the author's name.

Isshinryu Karate Manual:

Isshinryu Karate Manual Book Review: Unveiling the Power of Words

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