

Solo Forms Of Karate, Tai Chi, Aikido And Kung Fu By Bruce Tegner

By Bruce Tegner

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is a Japanese word describing detailed patterns of movements practiced either solo or in pairs. Karate Kata forms of karate, Taekwondo Tai Chi Chuan Thai

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Bruce Tegner was an American author and martial artist who practiced Bruce had already won California's Solo forms of karate, tai chi, aikido, & kung fu; Edit

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