



American Freestyle Karate: A Guide to Sparring (Unique Literary Books of the World)

Dan Anderson

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American Freestyle Karate: A Guide to Sparring (Unique Literary Books of the World) Dan Anderson
By Dan Anderson. #303. 6 X 9, 126 pages, paperback. ISBN #0-86568-021-3. American Freestyle Karate is the tag Dan Anderson gave this method of instruction to convey the idea of a non-oriental approach to karate. Rather than the idea of a set style which is passed from master to senior student, Anderson likens his studio and training method to that of a boxing gym headed by a particular trainer.

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