



Silk Wind American Kenpo Karate, Vol.1: Yellow to Green Belt (Youth)

Donna Landini, Peter Landini

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Silk Wind American Kenpo Karate, Vol.1: Yellow to Green Belt (Youth) Donna Landini, Peter Landini
Silk Wind American Kenpo Karate, Vol.1 - Yellow through Green Belt (Youth): This book provides full step-by-step descriptions of the 34 techniques, 3 forms, and 4 sets required for advancement through green belt. With over 400 photos of individual techniques and applications, this book will assist youths in training American Kenpo Karate (Ed Parker system modified for youths). (Vol.2 containing brown through black belt curriculum is available separately.)

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