

Beginners To Shotokan Karate Beginner To Black Belt

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~~Beginners To Shotokan Karate Beginner~~

from beginner to world-class competitor. Meaning 'Empty Hands' is a Japanese martial art which teaches unarmed self-defense techniques, blocking and counterattacking. A highly dynamic and physical art ...

~~Martial arts~~

Monaco Parkway Denver, CO 80237 (720) 253-7473 www.coloradobudokan.com Colorado Budokan has taught Shotokan Karate and Japanese ... older kids will progress from beginner to advanced in classes ...

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