

# **The Shotokan Karate Bible: Beginner To Black Belt By Ashley Martin**

**By Ashley Martin**

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The Advanced Shotokan Karate Bible - Black Belt and Beyond Ashley P. Martin ; 9780713688542 ; Oriental martial arts, Combat sports & self-defence,

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Shotokan Karate Institute of New Zealand official website. Karate classes for children and adults - Mt Eden, Auckland. First 2 lessons free - come along and join in.

About Author Ashley Martin started training in karate in 1992, and has since been an instructor and grading examiner. In 2003 he co-founded Just Karate Ltd., an

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