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About the tutorial - Current Affairs 2018, Apache Commons

In the West, the term martial arts denotes the art of war, derived from the name of Mars, the Roman god of war. However the philosophical background to Chinese martial arts is contained in the common idiom of "Go-Ju", "Go" meaning "hard" and "Ju" means "soft".

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Martial arts manuals are instructions, with or without illustrations, specifically designed to be learnt from a book. Many books detailing specific techniques of martial arts are often erroneously called manuals but were written as treatises .

Martial arts manual - Wikipedia

British Gongfu-Karate Association - The Fighting Monks www.thefightingmonks.com Party-Packs available include: Kidsâ€™™ Martial Arts Party, Kidsâ€™™ Kung- Fu Party

Kids Gongfu Karate Party-Pack - thefightingmonks.com

Jack Slackâ€™™s third, and most extensive Ebook, Fighting Karate covers the techniques and strategies of Japanese karate. Fighting Karate is divided into six sections: Karateâ€™™s Signature Techniques: The techniques for which karate is best known. From the standard reverse punch to the side kick, front snap kick and the back kick.

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