



Ancient Martial Arts of Ryukyu Islands: The Wellspring of Ancient Japan's Okinawan Martial Arts

Ryusho Sakagami

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This is one of the very few Japanese Kobudo books featuring both the Tongfa of Hama Higa and the Sai of Tsukenshitahaku. These two books rolled into one teach several techniques against swords and other weapons, and include the step-by-step instruction of both the Sai and Tongfa katas. This book is a great read for any student or practitioner of the Japanese Martial Arts.

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