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Holding the rank of 6th Dan in karate (SKIF) he is also certified as an international instructor and examiner in Bo-Jutsu and T'ai Chi. He has written articles and conducted interviews for several international magazines. "A Karate Story" is his first book, detailing his life in martial arts over a thirty year period.

A Karate Story: Thirty Years in the Making: Amazon.co.uk ...

Mr O'Dowd has written a straightforward factual account of his karate training over 30 years, describing events simply and fairly. The book is well-written and easy to read, rich in interesting anecdotes and paced to keep you turning the pages. More importantly for any karate student, it illustrates Seamus' approach to karate training.

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years, from complete novice to high-ranking and respected international instructor for Bo-Jutsu and Tai Chi. Simple, humorous and heart-warming, the book will inspire and entertain martial artists of all levels.

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A Karate Story - Thirty years in the Making is the autobiography of Seamus O'Dowd. The book chronicles his journey, over a period of thirty years, from complete novice to a high-ranking

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A Karate Story: Thirty Years in the Making O'Dowd Seamus. Year: 2016. Language: english. ISBN 13: 978-1-78301-895-6. File: EPUB, 4.41 MB. Send-to-Kindle or Email . Please login to your account first; Need help? Please read our short guide how to send a book to Kindle. ...

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I have truly enjoyed A Karate Story: Thirty Years in the Making. It has captured the spirit of the golden age of karate from a world's standpoint. I believe this book must be in every serious karateka's library. It belongs next to Moving Zen and the Spirit of the Empty Hand.

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19-year-old Ayesha Noor battled epilepsy and poverty to become a karate champion Karate for self-defence For badminton coaching, Amritpal had to travel for an hour every day in the wee hours and ...

Despite a bad injury and many hurdles, karate champion ...

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