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'chinese martial arts

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martial arts the oldest evidence of shaolin participation in bat is a stele from 728 ce that attests to two occasions a defense of the shaolin monastery from bandits around 610 ce and their subsequent role in the defeat of wang shichong at the battle of hulao in 621 ce'

'basics art of self defense

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'mitsubishi using the ninja s principle of sight

May 7th, 2020 - one of the problems with learning ninjutsu whether you train in a dojo or learn through online ninja training programs is that it can be easy to get caught up in the so called classical approach this is where the ancient museum pieces bee the focus of the training rather than the application of the ancient principles and concepts for self defense in today s modern world this article'

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June 1st, 2020 - *master the japanese martial art of ninjutsu with this illustrated informative guide in the ninja defense the classic art of the ninja is updated for maximum effectiveness in modern day situations stephen k hayes is a black belt hall of fame member founder'*

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May 27th, 2020 - *hayes has spent the last 20 years recasting the ninja strategies into a self defense framework more suited to the threats and experiences of modern societies and the ninja defense serves as a well anized accessible quick introduction to these techniques t he uniqueness of hayes s approach is how he has integrated them into a practical self defense curriculum that is suitable for all*

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