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The Inner Athlete Mind Plus Muscle For Winning, Robert M. Nideffer, 1976, Sports & Recreation, 264 Pages. A Clinical Psychologist Examines The Tension That Often Impedes An Athlete's Performance And Presents A Program Of Exercises For Achieving Mental Preparedness. Aikido Awakening Learni 1th, 2024

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More Karate. No Surprise, The Karate In Texas Was Really MARTIAL Arts, As Opposed To Martial ARTS. (Basically You Beat The Other Guy Up.) It Was Too Macho For Professor McAdam. He Felt That Martial Arts Should Be Just That, Balanced, And Not Aggression As The Ultimate Focus. In Short, He Lost 1th, 2024

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Curriculum. These Martial Arts Styles Include Aikido, Bojutsu, Hapkido, Karate, Kung Fu, Taekwondo, Etc. The Bo (staff) Is An Okinawan (Japan) Martial Arts Weapon. This Staff Is Basically A Long Wooden Pole Traditionally Made Of Oak And Is Roughly 6 Feet In Length. 2th, 2024

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