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Monday And Thursday Evenings Following Normal Class Advanced Class Is Used To Address Issues Seen During Normal Class, Take Techniques Or Concepts Learned In The Normal Class To A More Advanced Level, Additional Kata, Sparring, Or More Advanced

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Seniors To Develop Greater ...Martial Arts Association)

In Santa Fe, New Mexico "I'm Seeing More Seniors,"

Says Makoid, Who Travels The Country Teach-ing

Martial Arts. At 71, Makoid Is A Lifelong Martial Artist

And A Practitioner Of Judo, A Jap-anese Art That

Emphasizes Throwing Or Otherwise Taking One's

Opponent To The 1th, 2024.

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Yourself ...10+ Homemade Gym Equipment Ideas To

Build Your Own Gym While Helping You Exercise

Multiple Muscle Groups, For Full-body Fitness Training.

This DIY Power Tower & Pull-Up Station Can Be Used

With A Variety Of Workouts Including Pull This Crazy

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Block 4. Outer Forearm Block 5. Double Guarding  
Blocks STRIKES 1. Fron 2th, 2024.

Training Methods For Martial Arts59 T He Most Well  
Known 'Wooden Man' - - In Martial Arts Is, Of Course,  
That Belonging To The Art Of Wing Chun. However,  
Unbeknown To Many, There Are Other Martial Arts  
Which Also Utilize The 'Wooden Man' As A Part Of Their  
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Physical Health And Spirit [6]. During Research The It  
Was Found That People Who Practice Yoga Are Less  
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