

# **BO: Karate Weapon Of Self-Defense By Fumio Demura**

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By Fumio Demura Contains basic forms and sparring for the six-foot karate staff. Demura covers stances, striking, blocking, combinations, sparring, and an entire

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Recommended: Fumio Demura's book on the bo, Kobudo Bo - Karate Weapon of Self-Defense Friend's Email: The bo is a 6-foot wooden staff used by karate

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Japanese wooden staff "bo" weapon made in the shape of a walking stick, such as karate. as new methods of defense. This use of weapons developed into kobudo,

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