

Ninja Kusari-fundo Short Chain Kihon Fundamentals

Category: » **DVD/CD movies**



Product ID: SKH0005

Manufacturer: SKH Quest Center

Price: 50,00 EUR

Availability: In stock

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KUSARI-FUNDO SHORT WEIGHTED CHAIN is an 80 minute DVD video home-training long-distance learning program full of exercises, insights, and instructions for passing the test for Kihon Fundamentals diploma licensing in the martial art of Japanese kusari-fundo short chain technique taught in Stephen K. Hayes' martial art of To-Shin Do. This one-of-a-kind DVD covers techniques and tactics for developing the kind of skill for which the ninja invisible warriors of Japan became legends.

KUSARI-FUNDO-JUTSU DVD

- Five Fighting Postures
- Fundamental Strike Drills
- Blade Counters
- Clubbing Strike Counters
- Grab take-away counters