Ninja Vol 1: Spirit of the Shadow Warrior

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Product ID: SKH0029

Manufacturer: SKH Quest Center

Price: 20.00 EUR
Availability: In stock

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Autor: Stephen K. Hayes

ISBN 0-89750-073-3 144 pages Softcover

5 elements of responding to threat, armed and unarmed combat, sensing the imperceptible intentions of others, special section on meditation for the warrior.

Last modified: 2023-10-18 08:21:01