

# Fighting Karate By Hideyuki Ashihara

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Ashihara- karate logo. Text used on uniform. Ashihara kaikan ( ?) is a stand-up, full contact Japanese martial art that was founded by Hideyuki Ashihara

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Fishpond Australia, Fighting Karate by Hideyuki Ashihara. Buy Books online: Fighting Karate, 1985, ISBN 0870117424, Hideyuki Ashihara

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Hideyuki Ashihara is the author of Fighting Karate (1.50 avg rating, 2 ratings, 0 reviews, published 1985) and More Fighting Karate (1.00 avg rating, 1 r

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Hideyuki Ashihara,(December 5, 1944 April 24, 1995) was a Japanese master of karate who founded the Ashihara karate system in 1980.This karate style is based on

## **J k ninomiya - wikipedia, the free encyclopedia**

Ashihara, Hideyuki (1985). Fighting Karate. Kodansha Ltd. ISBN 0-87011-742-4. Ashihara, Hideyuki (1989). More Fighting Karate.

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Ashihara's Fighting Karate has its roots in Oyama's Kyokushin Karate. Though Kyokushin style emphasizes on power and body conditioning, Ashihara refined the technical

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Ashihara has done a good job in marrying Japanese hard style karate with boxing. This sequel to Fighting Karate is a great reference book on the Ashihara style.

## **Home | ashihara karate holland**

Kyokushinkai karate club affiliated to Ashihara Karate International. Dojos located in Diepenveen, Deventer, Zelhem and Nijverdal in the Netherlands.

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