

A KARATE NOTEBOOK



Beginner Level I

First in a series of combined Text and DVD
step by step instruction

by **Larry L. Flourney**

8th Dan

President of the **American Self Defense Karate Association**

Book & DVD

regular price: \$25.00

**A.S.D.K.A. & Shuto Karate Club members:
\$20.00**

Valuable reference material for martial artists of any skill level!