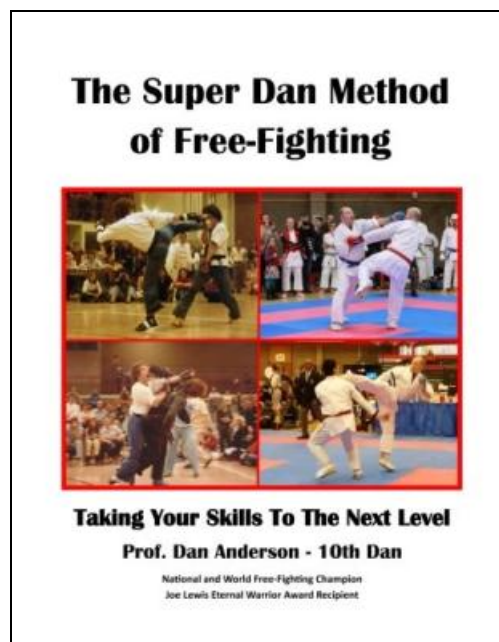


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THE SUPER DAN METHOD OF FREE-FIGHTING: TAKING YOUR SKILLS TO THE NEXT LEVEL (PAPERBACK)



Createspace Independent Publishing Platform, 2018. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. The Super Dan Method of Free-Fighting lays out the technology of free-fighting in an easy to learn and effective manner so that any student who applies this material can up their game immediately. Prof Dan Anderson, a world champion and 10th Dan Black Belt, has spent 51 years refining his knowledge so that the average karate student can immediately impact their free-fighting ability and raise it to a whole new level. *REVIEWS* I m well into this new publication by Dan Anderson and I highly recommend it! The package is a great value for the \$! The Super Dan Method is like nothing you ve read before. The language used (definition/terms)- alone - makes the purchase worth it! Not to mention the detailed description of sparring tactics, strategies, mindset, teaching techniques - and more (including sparring /fighting strategy and approach for aging martial artists). I will be putting Super Dan s wisdom to good use in my school beginning tomorrow. Just buy it - you won t be sorry! - Kevin With my Iain Abernethy seminar canceled for this weekend, I ve spent the day reviewing Dan Anderson s new book/dvd (note: DVD available only at combo The Super Dan Method of Free-Fighting. There is a ton of great info and it is something I strongly recommend to those looking to take their sparring to the next level. Danny S. I will just say this. I read this book so closely and absorbed all the material. I can honestly say this is the BEST BOOK I have ever read on how to improve your abilities to be a better fighter. I found that even though most of the book is focused on...



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