



Photo by: Binge Eliasson

The aim of this dvd is to introduce you to some basic Kyokushin kumite techniques as I see them. It's not about fighting, it's about enjoying Kyokushin. This film also includes live action Flashes From the past - when I won the European Championship, 1978.

The Absolute Kumite Part 1 | 22 Minutes | Language eng | Produced April 1994

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DVD

The Absolute Kumite part 1

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DVD



Absolute Kumite



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