



Kang Duk Won Korean Karate

By Al Case

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 Kang Duk Won: Kang Duk Won is a pre-Funakoshi version of
 Karate, which makes it one of the most pure forms of Karate in
 the world. It was chosen by the Imperial Bodyguards of three
 different nations as the martial art of choice. It was the art
 from which most Korean Karates were developed, and from
 which Taekwondo was created. About the Author. . . Al Case
 began studying the Martial Arts in 1967. He studied Kenpo,
 Kang Duk Won, Kwon Bup, Wing chun, Aikido, Northern
 Shaolin Gung Fu, Southern Shaolin Gung Fu, Tai ChiChuan, Pa
 Kua Chang and more. He began a writer for the martial arts
 magazines in 1981, and had his own column in Inside Karate.
 He has written over twomillion words on the martial arts, which
 makes him the most prolific martial arts writer of all time. He is
 currently living on a mountain top in Southern California,
 where he is building a martial arts temple. This item ships from
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