

Kempo Training Manual

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Carter Hargrave is the founder of American Combat Kenpo and author of two Kenpo and Kempo Karate Training Manual Books

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Kenpo training emphasizes a scientific approach to combat and features techniques influenced by various Chinese, Japanese and Hawaiian arts.

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Jul 27, 2011 Kenpo and Kempo Karate of the World Kenpo Karate Association. Carter Hargrave is the author of the Japanese Kenpo Karate Manual and is an expert in Jeet

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American Kenpo sometimes written as Kempo, is a martial art characterized by the use of quick hand strikes in rapid succession. The multitude of fast strikes has a

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