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John Titchen is the author of Pinan Flow System published 2014), Heian Flow System (2.00 avg rating, 1 rating, 0 register; John Titchen s Followers.

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ed il primo dei cinque kata "Heian" (i cui ideogrammi stanno a significare "Pace e tranquillità")
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John titchen (author of pinan flow system) -

John Titchen is the author of Pinan Flow System (2.50 avg rating, 2 ratings, 0 reviews, published 2014), Heian Flow System (2.00 avg rating, 1 rating, 0

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