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Story Thirty Years

Holding the rank of 6th Dan in karate (SKIF) he is also certified as an international instructor and examiner in Bo-Jutsu and T'ai Chi. He has written articles and conducted interviews for several international magazines. "A Karate

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Story" is his first book, detailing his life in martial arts over a thirty year period.

[A Karate Story: Thirty Years in the Making: Amazon.co.uk ...](#)

Mr O'Dowd has written a straightforward factual account of his karate training over 30 years, describing events simply and fairly. The

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book is well-written and easy to read, rich in interesting anecdotes and paced to keep you turning the pages. More importantly for any karate student, it illustrates Seamus' approach to karate training.

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The autobiography of well-known Irish karate instructor, Seamus O'Dowd. The book chronicles his journey, over a period of thirty years, from complete novice to high-ranking and respected international instructor for Bo-Jutsu and Tai Chi. Simple, humorous and heart-warming, the book will inspire and

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entertain martial artists
of all levels.

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O'Dowd Seamus. Year:

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Mr O'Dowd has written
a straightforward factual
account of his karate
training over 30 years,
describing events

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Simply and fairly. The book is well-written and easy to read, rich in interesting anecdotes and paced to keep you turning the pages. More importantly for any karate student, it illustrates Seamus' approach to karate training.

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I have truly enjoyed A Karate Story: Thirty Years in the Making. It has captured the spirit of the golden age of karate from a world's standpoint. I believe this book must be in every serious karateka's library. It belongs next to Moving Zen and the

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approach to karate
training.

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high-ranking and
respected international
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