



Sabaki Method: Karate in the Inner Circle

Kancho Joko Ninomiya, Ed Zorensky

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Sabaki means staying open to the world at large and responding to others in a way that blends energies in new directions. Whether it is a question of repelling an attack or building relationships, the combined energy that comes from *sabaki* is an effort of cooperation, openness, and respect. Whether you are training for health, competition, or self-defense, *The Sabaki Method* can show you how to turn defense into offense, anticipate attacks, condition the body, and focus the mind. Kancho Ninomiya takes the mystery out of karate.

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