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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 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 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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A Karate Story: Thirty Years in the Making by Seamus O'Dowd
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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 Spirit of the Empty Hand.

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