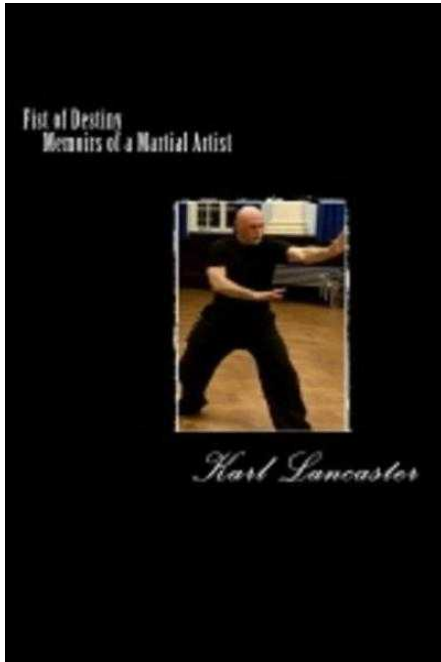












# Biography on martial arts champion (7.29 GBP)



Location **East of England, Essex**  
<https://www.freeadsz.co.uk/x-334447-z>



Follow the authors progress from early days training in aikido through nearly 40 years of martial arts training to becoming a world champion in kung fu. Get it here in paper back or for Kindle [http://www.amazon.co.uk/Fist-Destiny-Memoirs-Martial-Artist/dp/1499262140/ref=sr\\_1\\_6?s=books&ie=UTF8&qid=1417173549&sr=1-6&keywords=karl+lancaster](http://www.amazon.co.uk/Fist-Destiny-Memoirs-Martial-Artist/dp/1499262140/ref=sr_1_6?s=books&ie=UTF8&qid=1417173549&sr=1-6&keywords=karl+lancaster) [http://www.amazon.co.uk/Fist-Destiny-Memoirs-Martial-Artist-ebook/dp/B00EO5C5PA/ref=sr\\_1\\_3?s=books&ie=UTF8&qid=1417173549&sr=1-3&keywords=karl](http://www.amazon.co.uk/Fist-Destiny-Memoirs-Martial-Artist-ebook/dp/B00EO5C5PA/ref=sr_1_3?s=books&ie=UTF8&qid=1417173549&sr=1-3&keywords=karl)

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