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- Tsutomu Ohshima. Nisei Week Midwest Team Report . Notes on Training by Tsutomu Ohshima (Out of print)
The Heart of Karate-Do by Shigeru Egami

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Tsutomu Ohshima (, shima Ohshima in his younger days, as shown on the cover of his book, Notes on training (1998) Ohshima began studying karate in

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