

Get Free Shotokan
Karate Guide

Shotokan Karate Guide

This easy-to-follow guide is an essential reference for practitioners of all ages

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*and abilities
of this most
popular
martial art.
Beginning with
a chapter on
breathing
technique,
this practical
and detailed
book goes on
to reveal how*

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*to develop
your energy-
shout, the
basic stances
of Karate and
how to
accomplish the
art of
punching,
blocking,
kicking and
striking,*

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*including all
the must-know
moves from the
Knife-hand
Block to the
Roundhouse
Kick. Each
stance and
movement is
complimented
with clear
step-by-step*

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*photographs
and includes a
section on
'points to
avoid' when
practising
each one. By
demonstrating
the key
aspects of the
basic
technique and*

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*emphasising
the need for a
careful,
classical
approach to
the practice
of Karate, you
will have all
you need to
know to
practise the
sport in*

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safety. Coming from two of the UK's most respected and experienced competitors and teachers, this is the perfect guide for both new and improving students of

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Karate.

*One of the
most demanding
martial arts,
karate
combines
physical
fitness with
mental and
spiritual
training. More
and more*

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*people are now
taking up the
challenge, and
this book is
an essential
companion to
enhance any
students's
study of
Shotokan
karate. T
Shotokan*

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Karate is one of the most effective forms of self-defense but it is this area that is most ignored in traditional Shotokan dojos. This modest manual

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*is different
from most
Shotokan
Karate texts
because it
focuses on the
self-defense
application of
karate.*

*Traditional
Shotokan
karate*

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concentrates on three primary areas. They are basics or Kihon, Kata or forms, and sparring or kumite. The sparring may consist of five times

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*sparring,
three times
sparring, one
time sparring,
semi-free
sparring and
free sparring.
Self-defense
training is
seldom
practiced and
this manual*

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*hopes to fill
that gap for
students of
Shotokan and
other
traditional
styles of
Karate. This
manual covers
the basic
principles of
self-defense,*

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*use of force
factors in
self-defense,
simple and
effective self-
defense
techniques to
counter arm
grabs, body
grabs, choke
attacks,
punching and*

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*kicking attack
counters, club
attacks, knife
attacks, gun
attacks,
ground attacks
and multiple
attacker self-
defense
techniques.
A Kata is
fighting, self-*

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*defence,
precision and
dynamic force
all in one. It
represents a
fascinating
multitude of
logical,
sequential
techniques,
with which the
Karateka can*

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*demonstrate
what he can do
regarding his
body control,
powers of
persuasion,
perfection and
fighting
spirit. The
repertoire of
Shotokan
Karate*

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*contains 26
Kata in all.
The Master
Kata described
in this work
belong to the
advanced part
of the
repertoire and
carry on from
the 17 basic
and advanced*

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Kata

*introduced in
Volume 1. This
then completes
the list of
all the
Shotokan
Karate Kata.*

*There are 9
Kata with
Bunkai in this
book: Sochin,*

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*Meikyo,
Chinte,
KankuSho,
Wankan, Ji'in,
Jitte,
Gankaku, Unsu.
There are
approximately
600
photographs
and detailed
descriptions,*

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which allow a deeper understanding of the Kata and their application. Armed with this information, it should be easy now for the Karateka

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*to be able to
improve
himself in his
routine
training,
grading tests
and
competition.*

*Karate A Step-
By-Step Guide
To Shotokan
Karate*

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*The Shotokan
Karate
Dictionary
The Spiritual
Legacy of the
Master
Shotokan
Karate - The
Definitive
Guide
?????*

An authoritative

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text supporting
the newcomer to
karate with all
they need to
know, up to
black belt
level. Packed
with photographs
detailing
techniques and
kata (the
combinations of
techniques
students need to

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master to
progress through
the belts) this
book is designed
to take the
student step by
step through the
progression of
Shotokan Karate,
taking each belt
in turn.

Photographs and
clear
instructions

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take you step by step through the kata. Karate is a martial art that focuses on the application of strikes using predominantly the hands and feet. It originated in Japan and has become popular throughout the

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world. There are many styles of karate but the most widely practised outside of Japan is Shotokan Karate. Training in karate is normally divided into three sections: the basic technique; kata, or

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sequencing of techniques to imaginary opponents; and kumite, the sparring done with an opponent. In total there are ten gradings to be passed in order to get a black belt - this, on average

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takes a student
four years to
attain. This
book covers all
the training
needed to attain
a black belt.
This new edition
includes brand
new material on
partner work,
more grading
tips to help you
avoid making

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common mistakes,
and new footwork
diagrams to help
you understand
the movements
better. An
indispensable
guide.

The Kids' Karate
Workbook is an
engaging
workbook meant
to be used at
home by young

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people who want
to supplement
their regular
Karate or
Taekwondo
training.
Drawing on the
author's more
than 20 years of
experience
teaching martial
arts to
children, the
book offers a

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step-by-step
curriculum that
traces a typical
journey from
first-day
beginner to inte
rmediate-level
student. Along
the way, kids
learn about
uniforms and
etiquette;
practice the
most frequently

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used strikes,
kicks, blocks,
and forms; and
unlock the
basics of
martial arts
physics. The
curriculum is
highly
interactive,
inviting readers
to answer
questions and
solve puzzles.

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It also
highlights
common mistakes
to avoid,
answers
frequently asked
questions, and
points the way
to a deeper
understanding of
martial arts.
The easy-to-
follow text is
accompanied by

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150

illustrations depicting the author's own students—real kids who are also serious martial artists. While written for youngsters, the book is equally useful for parents who want to assist

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in practicing at home, as well as instructors who teach children. Illustrated throughout with color photographs of karate stances and techniques--plus clear English definitions of karate

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terms--The
Shotokan Karate
Dictionary is a
unique reference
guide
indispensable
for every
martial arts
library. The
Shotokan Karate
Dictionary,
fourth edition,
is a complete
compendium of

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essential terms
of the practice
of karate-do,
with special
focus on the
Shotokan style.
Clear, easy-to-
understand, and
accurate English
translations of
Japanese karate
terms, plus
color
photographs of

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essential karate
stances,
movements, and
techniques, will
give karate
students a firm
foundation in
karate
terminology. A
Japanese
pronunciation
guide and
exquisite
calligraphy of

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the Japanese
characters
(kanji) of each
term will deepen
students'
understanding of
karate's
cultural roots.
This
comprehensive
reference book
covers the
Japanese
numerical

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system,
different target
levels and
directions of
movement, the
basic elements
of karate
training, basic
and advanced
katas, as well
as the Japanese
terms for
typical
instructions and

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commands you
will hear
throughout your
karate training.
The Shotokan
Karate
Dictionary also
explores the
philosophical
background of
karate through
an explanation
of selected
terms, the

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origin of the
name karate-do,
the Twenty
Precepts of
Funakoshi, the
rules that
govern the dojo,
karate
philosophies,
and annotations
by famous Zen
masters.

History of
Okinawan karate

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and its growth,
told through
vignettes about
its most famous
practitioners.

The Beginner's
Guide to
Shotokan Karate
Shotokan Karate
The Advanced
Shotokan Karate
Bible

The Shotokan
Karate Bible 2nd

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edition

The

Comprehensive

Collection of

Japanese

Technical Terms

in the Karate

Style of

Shotokan

A Take-Home

Training Guide

for Young

Martial Artists

Hirokazu

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Kanazawa is the renowned karate master in the world today, and a close disciple of Gichin Funakoshi, the father of modern karate and founder of the Shotokan School. Having earned his impressive reputation in

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Hawaii, the
mainland United
States, and
Europe as an
official trainer
for the Japan
Karate
Association,
Kanazawa founded
Shotokan Karate-
do International
Federation in
1979. This
association now

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has branches in more than 90 countries throughout the world. This book is Kanazawa's first complete guide to kumite, or sparring. The karate training process comprises four areas: basics, kata (forms;

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prearranged movements and techniques), kumite, and competition.

Kumite – "the art of grappling with opponents," as it might be called – is the application of kata, and is the key to success in karate

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tournaments.
Karate Fighting
Techniques
teaches all the
various kumite
techniques, and
presents a
systematic
approach to
applied kumite
that is designed
to provide
essential
information for

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match-style
kumite and
tournament
kumite. The
author also
writes with
great affection
of his
experiences with
Master Gichin
Funakoshi, and
offers some
insight into the
true spirit and

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teachings of
Shotokan karate.
With 700 photos
of the author,
his students,
and some rare
photos of the
late Gichin
Funakoshi and
his famous
disciple
Masatoshi
Nakayama (author
of the popular

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Best Karate
series), Karate
Fighting
Techniques is
the first book
of its kind to
provide such a
comprehensive
guide to kumite
and its role in
Shotokan karate.
It will be an
indispensable
resource for all

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karate
practitioners.
Shotokan
KarateYour
Ultimate Grading
and Training
Guide (White to
Black
Belt)CreateSpace
"Essential
Knowledge for
any Karate
Student" - Grab
your copy now!

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Discover how to
develop speed
and strength The
Three Pillars of
Shotokan and
Grading
Requirements,
Including;
Sparring and
self-defense
requirements
(Kumite)
Practical and
floor work

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(Kihon) Japanese terminology
Kata (Patterns) - step-by-step
written guide
Embusen Diagrams
Shotokan History
Easy to follow format
For JKF styles, KUGB and
many more! This expert
guide has been compiled to
help you through

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the belts, and
pass each grade
at the highest
mark. Make the
most of your
training, Grab
your copy now!

*Please note all
Martial Arts
training are
subject to
instructors
discretion and
content may vary

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by area. This book is a guide only and no substitute for in class learning. Good Luck! This guide is a summary of the essential information and does not include illustrations of every technique or Kata

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movement.

This martial arts guide could actually be considered two books in one: a thorough history of Japanese karate-do and a profusely illustrated instruction manual for students of the

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martial art who have advanced beyond the beginning stages. Part One: Concerned about the misinterpretation of Japanese culture in general and karate in particular by many Western practitioners of

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karate, the author sets out in Part One of his book to trace the history of karate from its probable origins in India (or perhaps Greece) and its transmission in successively more developed

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forms to China, Okinawa, and then Japan. In Part Two: In this practical martial arts training manual the author first demonstrates important points of etiquette to be used in the karate dojo. He follows with

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well-illustrated
instructions of
kumite (sparring
drills),
including those
involving two
practitioners
and those such
as the
doubleline drill
and the circle
drill which give
practice in
facing a number

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of opponents. Descriptions of many of these are not readily found in other English-language publications. He then presents nine kata, introductory the advanced kata, Sochin and Nijushiho. The

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Groundbreaking
Work on Karate
Free Fighting
Techniques
Advanced
Shotokan Karate
Katas
History,
Philosophy, and
Practice
My Way of Life
The Twenty
Guiding
Principles of

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Karate

*"FOREWORD" for
this magnificent book
is written by 6 Time
World Boxing
Champion, M.C.
Mary Kom. The
remarkable part of
this Karate book is
that it is fully colored
adorned with high-
resolution
photographs and its*

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*coffee-table size
makes it a memorable
and unique book in
the world. This book
is precious and useful
for those Karateka
who need to take in
Shotokan style Karate
from White Belt to
Black Belt with the
aim of full devotion
towards learning and
rehearsing Karate.*

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Each pursuer of this book will know much about the fundamentals of Shotokan Kata.

What's more, this book incorporates a portrayal of the positions of some advanced movements of the Shotokan style that are performed by me only, so that every

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Karateka can see clear photos and catch on it quickly in a simple manner. This book is composed for everyone who is inspired by the Shotokan Karate and needs to look behind credible Shotokan Karate more profoundly. For those, keen on

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*extending their
insight and improving
their capacities with
the applications
depicted and
delineated in this
book, I recommend
perusing this book
completely to get each
stance exhibited by me
along with its full
description about that
particular stance so*

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*that it may be learned
very well by the
Karateka straight
forwardly.*

*The book is focused
toward beginning
students of
Shotokan--Ohshima
Karate. It covers basic
history, how to
acquire the proper
attitude toward
practice, and karate's*

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foundational structure. Proper forms of the hand, striking, kicking, and blocking are addressed. Forms (katas) and sparring or fighting (kumite) are explained at a level appropriate for the beginning student. All the information educates students on

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important facets related to a strong understanding of karate fundamentals and the deeper elements of karate's true nature. It includes not only the practice and training of karate, but also principles that can be directly applied to achieve a more

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*successful life.
The first of two
books, it contains the
complete syllabus
required to take the
student from absolute
beginner to Green
belt. Each section is
clearly divided into
separate levels for
each kyu grade,
incorporating all the
appropriate*

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*techniques, sparring
and kata.*

*The Essential Karate
Book is an illustrated,
informative guide to
the techniques,
philosophy and
practice of karate*

*With 20 chapters
covering practically
every aspect of
karate, this in-depth
reference will assist*

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*students and
instructors as they
plot their course
through karate
instruction, benefiting
those at all levels. The
Essential Karate Book
contains 200
diagrams mapping
out moves, 300 color
photographs, and
downloadable video,
making it a*

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*comprehensive
general karate
reference for Western
audiences. Readers of
this karate guide will
learn about: The
origins and history of
karate Required
behavior, clothing
and etiquette, as well
as the fundamentals
of karate and the
different styles that*

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share them Stances, blocks, strikes and kicks Preparing your body through warm ups, stretching, and conditioning through karate-specific exercises Kata grading and fighting (kumite) techniques and competition rules Martial arts weapons (kobudo), and MMA

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*(Mixed Martial Arts)
applications The
Essential Karate Book
is a must-have for
any martial arts
enthusiast, from
beginners to black
belts!*

*Your Ultimate
Grading and Training
Guide (White to Black
Belt)*

Karate

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*The Complete Kumite
Beginner to Black
Belt*

*A Guide to Sparring
40th Anniversary
Edition*

*Secrets of Shotokan
Karate*

**A richly
illustrated guide
to free fighting
techniques of
Shokotan karate**

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by two leading martial artists, this text takes any beginner through the basic techniques of the art, and step-by-step photographs and clear, detailed captions, aim to ensure that the meaning of the technique

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is clear.

***Master Korean
Karate, also
called Tae-Kwon
Do, with this
expert martial
arts guide. This
book is one of the
first of its kind on
Tae-Kwon Do
(Korean Karate).
Karate
practitioners who***

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***recognize this to
be the only work
to cover Free
Fighting
techniques
recognize this as
a vital resource
Illustrated with
nearly 1,000
photographs, the
systematic and
scientific
approach of the***

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***application of
each karate move
in Free Style
Fighting with
WHEN, WHERE,
WHY, and HOW
should help
karate
competitors
everywhere
design and
master their
moves to suit***

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***them best in
competition
matches. In this
martial arts book,
the pin-point
explanation of
the advantages
and
disadvantages of
each move,
analyzed step by
step from many
different***

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***offensive,
defensive, and
counterattacking
angles, can also
guide readers to
manage with it to
be adjustable to
the individualistic
tastes and
characteristics of
any karate style,
regardless of
their differences.***

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***Complete
Shotokan Karate
is actually two
books in one: a
thorough history
of Japanese
karate in Asia
and the United
States, and an
instructional
manual for
students of the
Shotokan***

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method. Part One outlines the history of karate from its probable origins in India (or perhaps Greece), and its transmission from China through Okinawa to Japan. Relevant aspects of Japanese

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history and culture, such as the samurai ethos and Zen, are emphasized. Part Two, profusely illustrated with over 600 clear black-and-white photographs and 20 line drawings, outlines instruction for

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kumite (sparring drills). Included are two-person drills such as the double-line drill and the circle drill which give practice in facing multiple opponents. Descriptions of many of these drills are not

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found in other English-language books. In addition, nine karate kata (forms) are presented, two of which, sochin and nijushiho, are rarely seen in print in English. The two parts of this exhaustive

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***book—the first
historical and
philosophical, the
second practical
—combine to
form one of the
most
comprehensive
presentations of
Shotokan karate
available in
English.***

Complete

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Shotokan Karate is an essential resource for all those interested in Japanese karate.

One of the most demanding martial arts, karate combines physical fitness with mental and spiritual training.

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More and more people are now taking up the challenge, and this book is an essential companion to enhance any student's study of Shotokan karate. In this user-friendly approach, all the

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***basics are
presented in easy-
to-follow lessons.
Each move is
broken down into
stages, using step-
by-step
photography
together with
clear, concise
instructions. And
there are foot-
position***

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***diagrams, so you
can make sure
you are getting it
exactly right.***

***Handy hints and
tips throughout
help you avoid
common pitfalls,
and there is
advice on taking
your training
further, once
your karate is***

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more advanced.

Lessons include:

Warm-up Stances

Punching

Striking Blocking

Kicking

Combination

work Sparring

Karate: A Step-by-

Step Guide to

Shotokan Karate:

Features clear

step-by-step color

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***photographs that
illustrate all of
the techniques
Covers all the
basics, from dojo
(training hall)
etiquette and
grading, to the
basic training
itself Includes
advice on
performing
kata--set***

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***sequences
designed to
develop
particular areas
of training Is
perfect for both
new students and
those already in
training***

***Karate: The Art of
Empty Hand
Fighting
A Step-by-Step***

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***Guide to
Shotokan Karate
The Weaponless
Warriors
The Shotokan
Karate Bible
Beginning to
Black Belt and
Beyond
SHOTOKAN
KARATE:
PRACTICAL
COMBAT***

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KARATE FOR THE STREET

Martial Art Basics:

Karate is packed with practical advice on physical and mental preparation, plus information on what to expect inside the dojo, how the grading system works, sticking to a training regime and taking your

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practice further.

Karate: The Art of
"Empty-Hand"

Fighting is the
definitive guide to
Shotokan Karate—the
most widely practiced
style of Karate—and
has inspired millions
of Karate practitioners
worldwide. Authored
by one of the great
masters of the art,

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Hidetaka Nishiyama,
this book is a classic,
groundbreaking work
on the sport of Karate,
and one of the first
published in English.
An Olympic sport,
Karate is today
practiced by over 100
million people
worldwide. Nishiyama
began his training
under the instruction

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of Gichin Funakoshi, the legendary founder of Shotokan Karate. He helped establish the Japan Karate Association and, as head of the JKA's instructors training program, was instrumental in bringing Karate to the U.S. and other Western countries.

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When he arrived, he proceeded to train the first great generation of Karate instructors spawning a whole new generation of martial artists. Highly accessible and richly illustrated with over 1,000 photographs, this book is a comprehensive manual with step-by-

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step instructions to all the basic movements and techniques of Karate. Topics covered include: A brief history of Karate Theories and principles of the martial art Effective training and exercise methods Karate techniques including stances, blocks and

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attacks Defenses
against weapons With
a new foreword by
Ray Dalke, who
trained under
Nishiyama and, at 8th
Dan, is the highest
ranking American in
Shotokan Karate,
Karate: The Art of
"Empty-Hand"
Fighting provides
analyses from the

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standpoint of physics, physiology, philosophy, and body dynamics. The book's techniques apply to all styles of the martial art and is a valuable reference for any Karateka—stressing Nishiyama's lesson that mastery of the basics is not the end but merely the

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beginning of a lifelong journey.

Introduces the history, styles, and techniques of karate and includes a grading syllabus listing the requirements for each color belt and step-by-step photographs illustrating the moves involved.

The martial art of

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Karate is one of the many facets of Japanese traditional culture that has been embraced worldwide. This book explains all the important Karate kata, illustrated with photos and detailed text by the author. It also explains in depth some of the more difficult aspects of

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Karate for learners to master, including steps, breathing, and pressure points, among others. Kata needs to be practiced repeatedly on an individual basis, and this book is written with such training in mind.

The Beginners Guide to Shotokan Karate

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Korean Karate
Beginners' Guide to
Shotokan Karate
For White Belts,
Black Belts and All
Karateka in Between
Karate Training
The Essence of Karate
Literally translated
"Bassai" means "to
storm the castle", thus
implying strong spirit,
forcefulness and dan

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underlying will to succeed.

The Beginner's Guide to Shotokan Karate, the best selling beginner's book on Karate in the world, was first published in 1983 to fulfil the need for an elementary instruction manual, written by a Westerner for Westerners. The book contains over 1500

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photographs and is divided into four sections. It has stood the test of time, and is probably the world's most comprehensive beginner's manual.

Now in its 18th reprint, this latest and complete edition contains answers to the countless questions raised by beginners and advanced students

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alike, in their quest for knowledge of this fascinating martial art. The first comprehensive written history of Shotokan karate in any language! In this completely updated edition of the classic bestseller, Randall Hassell presents a masterful tale of the history and evolution of Japan's

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original and largest
karate style, Shotokan.
In addition to
presenting the
compelling story of the
style's founder, Gichin
Funakoshi, Hassell
covers recent
developments in the
ever-evolving art of
Shotokan karate-do.
Rare and never-before-
published photos
complement everything

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from the Okinawan roots of karate to its development in Japan, the Japan Karate Association, American and international karate organizations, and the current state of the world of Shotokan karate. Also in this edition: The origins and technical value of all Shotokan kata, a genealogy of traditional

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karate styles, Gichin Funakoshi's 20 precepts, and much more!

The Advanced Shotokan Karate Bible is an authoritative text following on from The Shotokan Karate Bible with a syllabus beyond black belt that dispels common misconceptions about advanced techniques.

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Many people - and indeed karate schools - are of the opinion that once a student reaches black belt level, there is no more that they can be taught. This is far from the case, and Ashley Martin - a black belt with 15 years' experience and his own successful school - sets out an advanced syllabus with a

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combination of full-colour illustrations and concise text for the advanced student who wishes to build on their training but is unable to do so at karate classes.

Complementing The Shotokan Karate Bible, and presented in the same clear layout and attractive style, The Advanced Shotokan

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Bible is the resource for
the serious black belt
Shotokan student.

Its History and
Evolution

Student Guide to
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America

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KARATE: The

Complete Kata

Dynamic Karate

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Do

Learn all about the art of karate with The Complete Idiot's Guide® to Karate, including: Simple tips for mastering the ancient Japanese martial art of karate Behind-the-scenes looks at tournaments and competitions Down-to-earth advice on how to strike, whether it be with

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fists or feet "The Complete Idiot's Guide® to Karate is a witty, inspiring, and user-friendly book... this book is not only for beginners; it is equally useful for advanced karate students."-Stan Schmidt, Karate Master of the Japan Karate Association (JKA), Member of the JKA Shihankai (World

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Council of Masters)
American Freestyle Karate - A Guide To Sparring has been the classic text of free-sparring since its initial publication in 1980. With this 40th anniversary edition, this book has expanded to become even a greater reference work for any martial artist of any style, system of fighting

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or sport. With over 300 pages and 1,000 photos, this is the complete guide for the new millennium! The most comprehensive book ever to be written on the subject of free-sparring just got better!

Most books on karate usually do not provide complete, detailed instructions and illustrations — the

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fundamentals plus the fine points — that readers hope for. This book fills the gaps left by others. The late Master Masatoshi Nakayama, chief instructor of the Japan Karate Association, left this book as a testament. It reveals his great experience as a karate competitor and teacher, describing and

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illustrating in detail all the correct movements involved in the particular block, punch, or kick you want to perfect, as well as instructions — on combining blocking techniques with decisive counterattacks. Also included is a glossary of all Japanese karate terms and a guide to their pronunciation.

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Because of the lightning speed of karate techniques, normal camera work often fails to record the action accurately. For this reason, many of the photo sequences found in Dynamic Karate were taken using a stroboscope with a flash time of $1/10,000$ of a second, enabling you to follow each movement

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as it is actually performed.

This title teaches all the various kumite techniques, and presents a systematic approach to applied kumite that is designed to provide essential information for match-style kumite and tournament kumite.

Hirokazu Kanazawa is the renowned karate master in the world

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today, and a close disciple of Gichin Funakoshi, the father of modern karate and founder of the Shotokan School. Having earned his impressive reputation in Hawaii, the mainland United States, and Europe as an official trainer for the Japan Karate Association, Kanazawa founded Shotokan

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The Samurai Legacy
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Shotokan Karate Kata
Shotokan Karate-
Easiest way to get Black
Belt
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Workbook
Complete Shotokan
Karate
Shotokan Karate 10th
Kyu - 6th Kyu

Linking the time when

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karate was a strictly Okinawan art of self-defense shrouded in the deepest secrecy and the present day, when it has become a martial art practiced throughout the world, is Gichin Funakoshi, the "Father of Karate-do." Out of modesty, he was reluctant to write this autobiography and did

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not do so until he was nearly ninety years of age. Trained in the Confucian classics, he was a schoolteacher early in life, but after decades of study under the foremost masters, he gave up his livelihood to devote the rest of his life to the propagation of the Way of Karate. Under his guidance,

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techniques and nomenclature were refined and modernized, the spiritual essence was brought to the fore, and karate evolved into a true martial art. Various forms of empty-hand techniques have been practiced in Okinawa for centuries, but due to the lack of historical

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records, fancy often masquerades as fact. In telling of his own famous teachers--and not only of their mastery of technique but of the way they acted in critical situations--the author reveals what true karate is. The stories he tells about himself are no less instructive: his determination to

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continue the art, after having started it to improve his health; his perseverance in the face of difficulties, even of poverty; his strict observance of the way of life of the samurai; and the spirit of self-reliance that he carried into an old age kept healthy by his practice of Karate-do.
The most

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**comprehensive book
ever written on
Shotokan Karate.
Within its 750 pages
lies an absolute wealth
of information for the
beginner and advanced
student alike. It
answers in graphic
detail and refreshing
candidness, the
numerous questions
posed by generations
of students of Karate-**

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do. Shihan van Weenen has trained with the World's best over the past 50 years and in this book, he willingly shares his countless experiences and knowledge with the reader.

Easy-to-use guide on advanced levels of the world's most popular martial art. The Advanced Shotokan

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Karate Bible is an authoritative, illustrated training guide and companion book to The Shotokan Karate Bible: Beginner to Black Belt. It concentrates on the black belt level and rankings beyond it, dispelling common misconceptions about earning a black belt. More than 400 crisp

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**color photographs plus
concise text outline the
author's advanced
syllabus. Organized
progressively by black
belt degree, the book
features: Kata
(sequencing) and
kumite (sparring) --
shown step-by-step in
double-page spreads
Outlines of the
requirements for
achieving each new**

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martial art, with strategies, techniques, and drills to guide new students to proficiency and to help established practitioners excel.

Sixth-degree black belt Robin Rielly provides a comprehensive guide to the fundamentals and theory of Shotokan, interwoven with relevant philosophy and

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historical context. This book offers expert instruction and a greater understanding and appreciation of the art. Topics covered include: basic physiological-psychological principles principles of physical movement elements of fighting sparring drills strategy kata

Essential Karate Book

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**American Freestyle
Karate**

**Black Belt and Beyond
Karate-Do**

**A Study Guide for
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Shotokan - Ohshima
Karate**

**Fundamental Karate
*The legendary 20
guiding principles
of karate penned
by Funakoshi have
been circulating***

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for years but have never been published until now. Accompanied by rare photos and original calligraphy, this long-awaited treatise is a provocative and long overdue read for martial arts enthusiasts and followers of

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karate.

Gichin Funakoshi is a legendary figure and the founder of Shotokan karate, the most popular style of Japanese karate, with millions of practitioners worldwide. In The Essence of Karate, Funakoshi creates, in his own words, a

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narrative of modern karate. He explains the philosophical and spiritual underpinnings and includes memories of his own training, as well as recollections of other karate masters and the history of the martial art. He also

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discusses the importance of winning without fighting, and the reason why many great martial artists improve with age. The preface has been contributed by Hirokazu Kanazawa, President of the Shotokan Karate-

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do International Federation (and Funakoshi's disciple). He fondly writes of his memories of Gichin Funakoshi during his youth and what he learned from the master. In the afterword, the founder's great-nephew, Gisho Funakoshi, shares

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***previously
unknown personal
anecdotes about
his "Uncle
Funakoshi."
The Complete
Idiot's Guide to
Karate***