



Karate Basics: Everything You Need to Get Started in Karate - from Basic Punches to Training and Tournaments (Paperback)

By Robin Rielly

Tuttle Publishing, United States, 2018. Paperback. Condition: New. Language: English . Brand New Book. Get your karate training off to a great start-from basic footwork and strikes to training and demonstrations. This martial arts guide is a perfect introduction to karate for beginners. Are you planning to learn Karate, but don't know where to begin? Are you looking for a teacher? Are you taking a class but confused by the technical terms used to describe the punches? Karate Basics teaches you all the fundamentals of this ancient martial art form in a clear and easy-to-understand manner! This karate book contains the following vital information: The origins of Karate-its philosophy, history, and different schools How to find a teacher and a class that are right for you Getting ready for your first class-what actually happens in a Karate class? The essential elements-stances, blocks, thrusts, strikes, punches, and kicks How to complement your Karate training with sparring drills and kata Effective ways to succeed in Karate-how to create a training program, test for belt promotion, and an overview of competitions and tournaments Resources to help you develop your knowledge and understanding of Karate Whether you're just getting started, or have...



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