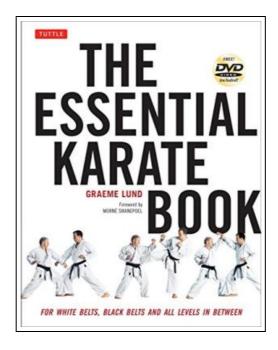
Essential Karate Book: For White Belts, Black Belts and All Levels in Between (Mixed media product)



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It in one of my personal favorite ebook. I was able to comprehended everything using this created e ebook. I am just pleased to tell you that here is the greatest ebook i have got read through within my own lifestyle and may be he finest publication for possibly. (Timothy Johnson DVM)

ESSENTIAL KARATE BOOK: FOR WHITE BELTS, BLACK BELTS AND ALL LEVELS IN BETWEEN (MIXED MEDIA PRODUCT)



Tuttle Shokai Inc, Japan, 2014. Mixed media product. Book Condition: New. 274 x 213 mm. Language: English . Brand New Book. 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 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 a DVD, making it a comprehensive general karate reference for Western audiences. Readers of this karate guide will learn about: The origins and history of karateRequired behavior, clothing and etiquette, as well as the fundamentals of karate and the different styles that share themStances, blocks, strikes and kicksPreparing your body through warm ups, stretching, and conditioning through karate-specific exercisesKata grading and fighting (kumite) techniques and competition rulesMartial arts weapons (kobudo), and MMA (Mixed Martial Arts) applications The Essential Karate Book is a must-have for any martial arts enthusiast, from beginners to black belts!.



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