



The Shotokan Karate Bible 2nd edition: Beginner to Black Belt

Ashley P. Martin

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

An indispensable guide.

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The Shotokan Karate Bible 2nd edition: Beginner to Black Belt can be one of your beginning books that are good idea. Many of us recommend that straight away because this publication has good vocabulary that may increase your knowledge in terminology, easy to understand, bit entertaining however delivering the information. The article author giving his/her effort to put every word into enjoyment arrangement in writing The Shotokan Karate Bible 2nd edition: Beginner to Black Belt yet doesn't forget the main position, giving the reader the hottest and also based confirm resource information that maybe you can be certainly one of it. This great information could drawn you into new stage of crucial thinking.

Peggy Elmore:

This The Shotokan Karate Bible 2nd edition: Beginner to Black Belt is great guide for you because the content which is full of information for you who have always deal with world and possess to make decision every minute. This specific book reveal it info accurately using great plan word or we can declare no rambling sentences within it. So if you are read the item hurriedly you can have whole details in it. Doesn't mean it only will give you straight forward sentences but difficult core information with splendid delivering sentences. Having The Shotokan Karate Bible 2nd edition: Beginner to Black Belt in your hand like obtaining the world in your arm, facts in it is not ridiculous a single. We can say that no book that offer you world throughout ten or fifteen small right but this e-book already do that. So , it is good reading book. Hello Mr. and Mrs. stressful do you still doubt this?

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