

# The Karate Dojo: Traditions And Tales Of A Martial Art - Peter Urban

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KARATE is not only a means of self-defense; it is also a sport and a philosophy. The Karate Dojo: Traditions and Tales of a Martial Art examines each of these aspects through the colorful legends, tales, and traditions that are associated with the art and explains why educators and parents are becoming increasingly interested in karate. This book shows how karate training can change the lives of those who practice it, by giving them health, self-confidence, both physical and mental discipline, as well as calm maturity. Author: Urban, Peter Publisher: Tuttle Publishing Illustration: N Language: ENG Title: The Karate Dojo: Traditions and Tales of a Martial Art Pages: 00160 (Encrypted EPUB) / 00160 (Encrypted PDF) On Sale: 2011-12-20 SKU-13/ISBN: 9780804817035 Category: Sports & Recreation : Martial Arts & Self-Defense

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