

Fundamental Karate - , Dave Hazard

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This easy-to-follow guide is an essential reference for practitioners of all ages 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 to develop your energy-shout, the basic stances of Karate and how to accomplish the art of punching, blocking, kicking and striking, 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 photographs and includes a section on 'points to avoid' when practising each one. By demonstrating the key aspects of the basic technique and 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 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 Karate. Author: Trimble, Aidan Author: Hazard, Dave Publisher: Ebury Digital Illustration: N Language: ENG Title: Fundamental Karate Pages: 00080 (Encrypted EPUB) On Sale: 2012-04-24 SKU-13/ISBN: 9780091913885 Category: Sports & Recreation : Martial Arts & Self-Defense

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