

Scientific Karatedo - Masayuki Kukan Hisataka

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First written in 1976, Scientific Karatedo continues to stand as one of the best books ever written on karate. This classic work is a complete guide to all facets of karate training, describing not only strikes, kicks, blocks, and stances, but also preset forms, sparring combinations, throws, chokes, joint locks, weapons use, warm-ups, meditation, self-defense techniques against weapons, and self-defense for women. No other single volume covers such a wide range of subjects. Illustrated with over 1,900 photographs, Scientific Karatedo is an easy-to-understand guide written with the beginner in mind but contains enough advanced techniques to satisfy veteran practitioners. The author also describes the theories, ethics, etiquette, history, and spirituality of karate, and has added new information on the Koshiki Karatedo competition system and Supersafe protective equipment. A truly exhaustive text on the myriad disciplines that make up karate, Scientific Karatedo is the ultimate guide to this popular martial art. Author: Hisataka, Masayuki Kukan Publisher: Tuttle Publishing Illustration: N Language: ENG Title: Scientific Karatedo Pages: 00296 (Encrypted EPUB) / 00296 (Encrypted PDF) On Sale: 1995-09-15 SKU-13/ISBN: 9780804820196 Category: Sports & Recreation : Martial Arts & Self-Defense

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