



Best Karate, Vol.1: Comprehensive (Best Karate Series)

Masatoshi Nakayama

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All the basic points of karate arranged systematically for effective learning, step by step--the parts of the body used as natural weapons, the stances, how to block, how to attack, introduction to the kata and to kumite.

The fundamentals as presented in this volume, briefly but accurately, are the distillation of the author's forty-six years' experience in this art of self-defense. As well as setting forth the basic rules that must be put into practice when performing kata or applying techniques in kumite, this volume pinpoints the underlying physical and physiological principles of karate: source and concentration of power; stance, form, stability and technique; movement in all directions; basic and comprehensive aspects of training.



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