

The Beginners Guide to Shotokan Karate, 2001, 438 pages, John Van Weenen, 0951766066, 9780951766064, John Van Weenen, 2001

Comprehensive handbook on shotokan karate useful for all skill levels. Topics covered include basic techniques, kata (formal exercise), sparring, self-defense for men and women, basic karate etiquette, grading, weight training for martial artists and many other areas.

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Shotokan Pocket Book , Ken Lyons, Jan 1, 2006, Reference, 212 pages. The Shotokan Pocket Book is a comprehensive collection of Japanese words and phrases used in Shotokan karate. Over 2,000 translations into English are crammed into this hand.

Karate for Children, Volume 1 , John Van Weenen, Dec 1, 2007, Karate, 160 pages. With 80% of students practising Karate today being children, the need for a children's book was obvious and long overdue. Written in simple English, it sets out to answer the.

Shotokan Karate Unravelling the Kata, Ashley Croft, 2006, Sports & Recreation, 159 pages. Many of the kata performed today in Shotokan Karate were created centuries ago by the pioneering karate masters as a means of practicing and remembering the myriad of basic.

The Advanced Shotokan Karate Bible Black Belt and Beyond, Ashley P. Martin, 2008, Sports & Recreation, 198 pages. Easy-to-use guide on advanced levels of the world's most popular martial art. The Advanced Shotokan Karate Bible is an authoritative, illustrated training guide and companion.

Karate Zen, Pen, and Sword, Randall G. Hassell, 2006, Sports & Recreation, 131 pages. This vivid introduction to the physical, spiritual, and educational aspects of Karate explores the many facets of the art of the empty-hand, from the beginning stages to the.

The Shotokan Karate Bible Beginner to Black Belt, Ashley P. Martin, 2007, Sports & Recreation, 201 pages. Introduces the history, styles, and techniques of karate and includes a grading syllabus listing the requirements for each color belt and step-by-step photographs illustrating.

Shotokan Mysteries \_EsyB·Su,I Γ,, The Hidden Answers to the Secrets of Shotokan Karate, Kousaku Yokota, 2013, Sports & Recreation, 260 pages. .

In Funakoshi's Footsteps The Autobiography of John Van Weenen 8th Dan, John Van Weenen, Sep 1, 2004, Martial artists, 530 pages. .

Jeet Kune Do Bruce Lee's Commentaries on the Martial Way, Bruce Lee, Nov 15, 1997, Sports & Recreation, 399 pages. Presents Bruce Lee's complete philosophy on the martial arts as a way of life, illustrating its principles and core techniques, and offering a treatise on the nature of combat.

Bible of Karate, The; Bubishi , Patrick McCarthy, 1995, Sports & Recreation, 214 pages. The classic Chinese work handed down from master to student in Okinawa for generations describes the philosophy, strategy, medicine, and techniques used to master the art of.

The Secrets of Shotokan Karate , Robin L. Rielly, 2000, Sports & Recreation, 246 pages. Generously illustrated with over 700 clear photographs, Secrets of Shotokan karate offers an in-depth look at the world's most popular martial art, with strategies, techniques.

Complete shotokan karate history, philosophy, and practice : [the Samurai legacy and modern practice], Robin L. Rielly, 1998, Sports & Recreation, 238 pages. Appealing to readers interested in both the history and practical applications of Japanese martial arts, here are two books in one: a thorough history of Japanese karate in.

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The Advanced Shotokan Karate Bible Black Belt and Beyond, Ashley Martin, 2008, Karate, 198 pages. The Advanced Shotokan Karate Bible is an authoritative text following on from The Shotokan Karate Bible with a syllabus beyond black belt that dispels common misconceptions about.

Heart of Karate-Do , Shigeru Egami, 2000, Sports & Recreation, 128 pages. Karate, which has come to be regarded by the public as nothing more than a spectacular, high-kicking style of fighting-with homicide as the objective-has meaning far beyond.

Karate Defense and Attack , K. Enoda, Jan 1, 1995, Body, Mind & Spirit, 96 pages. .

Advanced Shotokan Karate Katas, Volume 1 , John Van Weenen, 1987, Sports & Recreation, 196 pages. Literally translated "Bassai" means "to storm the castle", thus implying strong spirit, forcefulness and an underlying will to succeed..

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