



Best Karate, Vol.1: Comprehensive

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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Stefan Detrez says

Algemene inleiding op Shotokan Karatetechnieken. Beter is Habersetzers 'Karaté. Pratique. Du débutant au 6e Dan.'

Jean says

This is an excellent training aid for the beginner and adept practioner. I refer to it often. It is a must in the librairy of any serious Shotokan Karate-ka.

Sherouk Hafez says

good

Aryan Saxena says

I think that karate is one of my favorite martial arts so this book will help to learn karate.
