



Karate

By Kevin Healy

Connections Book Publishing Ltd, United Kingdom, 2011.
 Paperback. Book Condition: New. Reprint. 208 x 178 mm.
 Language: English . Brand New Book. Part of a new Martial Arts Basics series of illustrated paperbacks designed to provide clear, expert advice for students of the most popular martial arts disciples. Each title in the series is written by a highly qualified master/teacher. The double-page spreads display clear step-by-step instructions for common techniques to aid in personalized practice sessions-making these books the ideal training supplement. Dynamic and explosive, Karate combines physical fitness with mental and spiritual training. When the student begins the Karate journey they throw down a challenge to mind, body and spirit-a challenge that will build strength of character and overcome fears. Karate: Martial Arts Basics is packed with practical advice on physical and mental preparation, plus information on what to expect inside the dojo, how the grading system works, sticking to a training regime and taking your practice further. Contents include: * Stances * Punches * Strikes * Blocks * Kicks * Combination Work * Sparring.



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Reviews

This publication may be really worth a go through, and a lot better than other. It really is written in simple terms and never difficult to understand. Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- **Natalie Abbott**

This book will not be simple to get going on reading but extremely exciting to read through. Yes, it can be play, still an interesting and amazing literature. I am very easily could possibly get a delight of reading a written book.

-- **Rene Olson**

Other Books



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Broadman Holman Publishers, United States, 2013. Hardback. Book Condition: New. Cory Jones (illustrator). 231 x 178 mm. Language: English . Brand New Book. Oh sure, we ll all heard the story of Moses and the ten plagues of Egypt a hundred times....



Crochet: Learn How to Make Money with Crochet and Create 10 Most Popular Crochet Patterns for Sale: (Learn to Read Crochet Patterns, Charts, and Graphs, Beginner s Crochet Guide with Pictures)

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