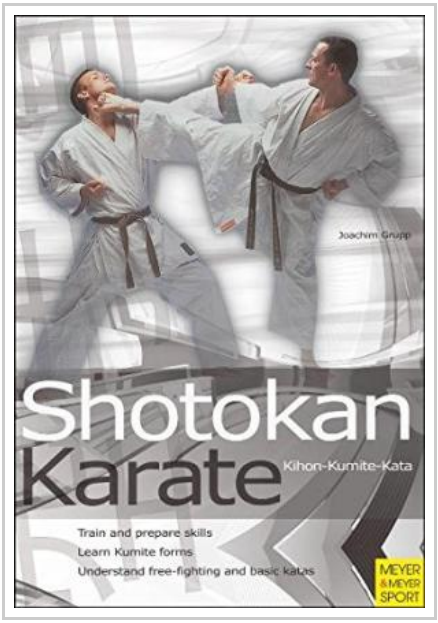


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Shotokan Karate - Kihon, Kumite, Kata

By Joachim Grupp

Meyer & Meyer Fachverlag Mrz 2009, 2009. Taschenbuch. Book Condition: Neu. 242x166x10 mm. Neuware - This manual offers assistance to all Shotokan Karateka to use when training or intensively preparing skills - for beginners as well as advanced students. All the facets of this demanding fighting art are covered in an easily understandable manner. The most important Kihon techniques, the various Kumite forms as well as free-fighting and basic Katas are described in detail. This is a complete package for people wishing to improve themselves in this martial art. Contents include: The history of Karate from FUNAKOSHI up to today's Shotokan Karate. What is Karate-Do Training and preparation for grading. A comprehensive introduction to the basic techniques. All the Kumite forms from the Gohon-Kumite to Jiyu-Kumite. Full explanations of the Katas Heian 1-5, Tekki 1 and Bassai-Dai. Over 1000 photographs show the enormously broad technical spectrum of the fighting art of Shotokan Karate. 160 pp. Englisch.

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