

Karate The Art of "Empty-Hand" Fighting

Hidetaka Nishiyama, Richard C. Brown



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Karate The Art of "Empty-Hand" Fighting Hidetaka Nishiyama, Richard C. Brown Master the techniques and theory of Japanese Karate with this easy-to-follow, illustrated martial arts guide.

Karate: The Art of "Empty-Hand" Fighting has inspired hundreds of thousands of karateka, and it remains one of the finest texts available on the technique, art, and spirit of karatedo.

This definitive volume is a systematic presentation of the art of traditional Japanese karate. An easily accessible martial arts manual illustrated with more than 1,000 photographs, this comprehensive karate book gives step-by-step explanations and thorough analysis of all the basic movements and techniques of karate.

Topics of *Karate the Art of ''Empty-Hand'' Fighting''* include:

- The history of Karate
- The theories and principle of Karate
- The best training and exercise methods
- Karate techniques like stance, blocking and attacks
- Defenses against weapons

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