

The Heart Of Karate Do

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In my humble opinion, The heart of karate do is not a book to learn techniques (eventhough it includes nice pictures and descriptions of the basic stances and striking, blocking and kicking techniques, no to mention the warm up excercises). It is, on the other hand, a very inspiring book.

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Heart of Karate Do. ... Karate-do, the "Way of Karate," is no different from the other martial arts in this respect. Animals are not muscle-bound; why should a man be? Pliancy and flexibility are natural characteristics of the human body; rigidity is the mark of death. Beginning with the warming-up exercises-neglected in earlier karate books ...

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As a method of self-defense, karate has few equals, yet despite its great popularity, the essence of the art has been poorly grasped by many of its practitioners. Ancient in origin, the martial...

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As a method of self-defence, karate has few equals, yet despite its great popularity, the essence of the art has been poorly grasped by many of its practitioners. Ancient in origin, the martial arts of the East have always had the development of man's spiritual, as well as physical, nature at their core.

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The Heart Of Karate Do (Bushido The Way Of The Warrior)

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Karate is now predominantly a striking art using punching, kicking, knee strikes, elbow strikes and open-hand techniques such as knife-hands, spear-hands and palm-heel strikes. Historically, and in some modern styles, grappling, throws, joint locks, restraints and vital-point strikes are also taught.

Karate - Wikipedia

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