

The Shotokan Karate Bible Beginner To Black Belt

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The Shotokan Karate Bible Beginner

A comprehensive and authoritative guide to Shotokan karate. Shotokan is the world's most widely practiced style of karate. Every year, thousands of young karate students are taught Shotokan in clubs and schools (dojos) across North America. The Shotokan Karate Bible is a comprehensive illustrated guide suitable for all students of Shotokan karate, from beginners to those earning a black belt. The author outlines and explains the lessons for all 10 gradings.

The Shotokan Karate Bible: Beginner to Black Belt: Martin ...

"The Shotokan Karate Bible" is a useful and valuable volume that will make a good addition to any

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martial arts library. Karate instructors of whatever tradition should obtain a copy to use as a reference, since many of the kata stances, strikes and blocks are very similar and the applications in the book will broaden out your instruction.

The Shotokan Karate Bible 2nd edition: Beginner to Black ...

The Shotokan Karate Bible is a comprehensive illustrated guide suitable for all students of Shotokan karate, from beginners to those earning a black belt. The author outlines and explains the lessons for all 10 gradings. The book is organized by belt, and a syllabus lists the requirements for achieving each new level.

The Shotokan Karate Bible: Beginner to Black Belt by ...

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The Shotokan Karate Bible: Beginner to Black Belt

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achieving each new level.

The Shotokan Karate Bible : Beginner to Black Belt by ...

The Advanced Shotokan Karate Bible is an authoritative, illustrated training guide and companion book to The Shotokan Karate Bible: Beginner to Black Belt. It concentrates on the black belt level and rankings beyond it, dispelling common misconceptions about earning a black belt.

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The Shotokan Karate Bible: Beginner to Black Belt ...

This is THE BOOK for anybody wanting to learn Shotokan Karate. It is clearly divided into sections for each grading, giving the grading syllabus at the start of each section. This is then followed by clear, concise pictures and instructions demonstrating the techniques required for each belt.

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The Shotokan Karate Bible 2nd edition: Beginner to Black ...

Therefore I was quite pleased to find and delve into the classy 222 page paperback "The Shotokan Karate Bible: Beginner to Black Belt 2nd Edition" by Ashley P. Martin, Chief Instructor and Grading Examiner at Just Karate of Cambridge, UK. The material is visually pleasing, glossy, colorful, and instructive.

The Shotokan Karate Bible 2nd edition: Beginner to Black ...

Students of karate join together in the practice of a martial art that has been refined and improved over hundreds of years. It is an effective form of self defense and character development. Funakoshi established an association known today as Shotokai and this organization is the official keeper of Funakoshi's karate heritage.

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Book Summary: The title of this book is The Shotokan Karate Bible and it was written by Ashley Martin. This particular edition is in a Paperback format. This books publish date is Sep 14, 2007 and it has a suggested retail price of \$24.95. It was published by Firefly Books and has a total of 208 pages in the book.

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