



## 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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