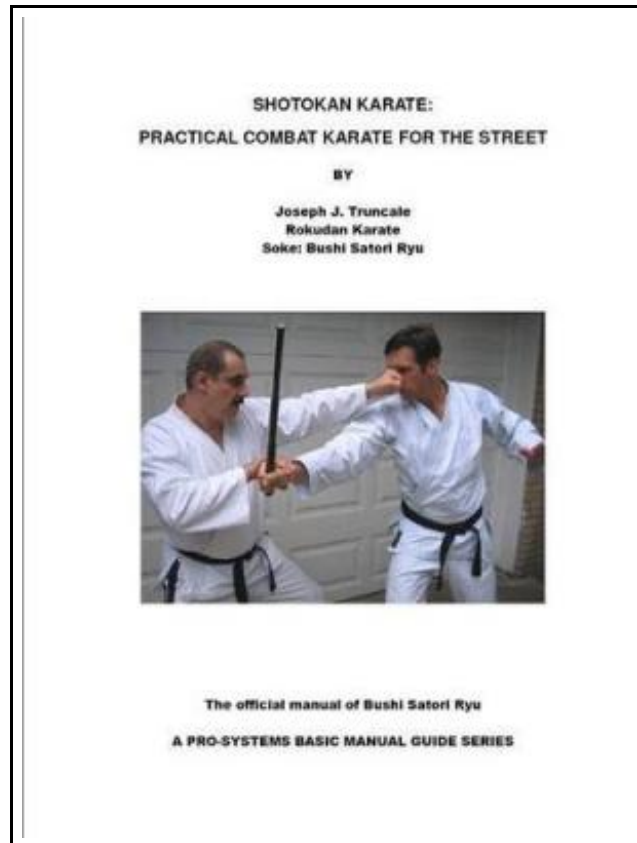


## Shotokan Karate: Practical Combat Karate for the Street (Paperback)



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*Undoubtedly, this is the greatest job by any author. It is actually filled with wisdom and knowledge I am quickly could get a pleasure of reading a written book.*




*(Kade Ankunding)*

## SHOTOKAN KARATE: PRACTICAL COMBAT KARATE FOR THE STREET (PAPERBACK)



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Lulu.com, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Shotokan Karate is one of the most effective forms of self-defense but it is this area that is most ignored in traditional Shotokan dojos. This modest manual is different from most Shotokan Karate texts because it focuses on the self-defense application of karate. Traditional Shotokan karate concentrates on three primary areas. They are basics or Kihon, Kata or forms, and sparring or kumite. The sparring may consist of five times sparring, three times sparring, one time sparring, semi-free sparring and free sparring. Self-defense training is seldom practiced and this manual hopes to fill that gap for students of Shotokan and other traditional styles of Karate. This manual covers the basic principles of self-defense, use of force factors in self-defense, simple and effective self-defense techniques to counter arm grabs, body grabs, choke attacks, punching and kicking attack counters, club attacks, knife attacks, gun attacks, ground attacks and multiple attacker self-defense techniques.

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