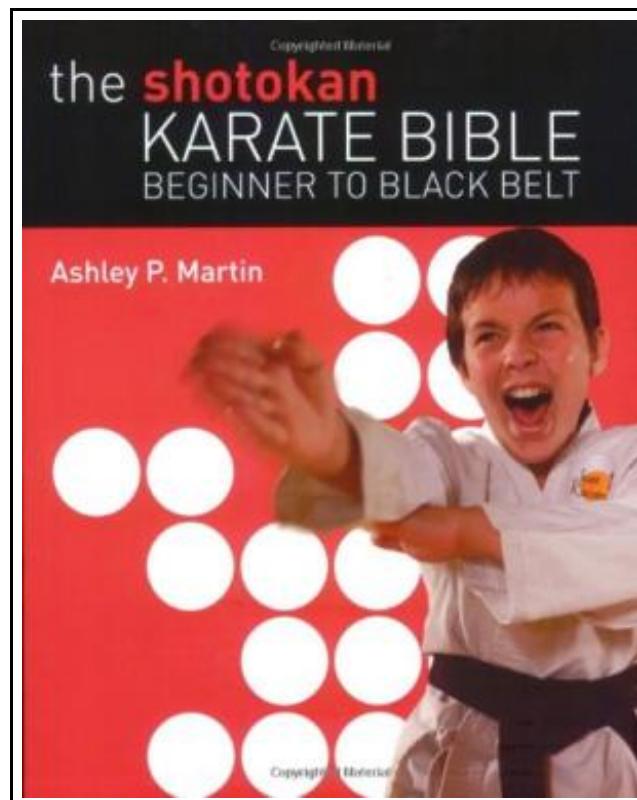


## The Shotokan Karate Bible: Beginner to Black Belt



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*(Lorena White)*

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Firefly Books. Paperback. Book Condition: New. Paperback. 208 pages. Dimensions: 9.0in. x 7.4in. x 0.5in. A comprehensive and authoritative guide to Shotokan karate. Shotokan is the worlds 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 book is organized by belt, and a syllabus lists the requirements for achieving each new level. Its pages are packed with more than 400 crisp color photographs detailing techniques and combinations, from beginning white belt, to sequencing (kata) and right up to sparring (kumite). Each kata sequence is clearly illustrated, step-by-step, on a double-page spread. The book includes all essential details that the karate student should know: The history of Shotokan karate Basic karate terms The uniform (gi) Dojo etiquette and bowing Sparring safety tips Tips on taking grading exams Training and development. The Shotokan Karate Bible is a brightly illustrated and clearly written guide that will benefit participants of Shotokan karate and be useful to instructors. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.

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