



Karate: the Essential Guide to Mastering the Art

By Sanette Smit

New Holland Publishers Ltd, London, United Kingdom, 2001.
 Hard Cover. Book Condition: New. Dust Jacket Condition: New.
 1st. The martial arts are among today's most exciting exercise regimes and are fast becoming one of the most popular ways to get and keep fit. New Holland's new Martial Arts series, aimed at both men and women, uses specially commissioned colour photography and expert text to introduce the newcomer to the techniques of these wonderful workouts. Karate is one of the best-known and widely practised martial arts in the world. This guide introduces the philosophy and approach of the sport and its main schools worldwide, then focuses on the technical elements, from the warm-up to the delivery of the perfect punch, block and kick. It also includes competition rules and basic self-defence. With its emphasis on superbly clear, full-colour instructional photographs and precise text, this is an invaluable and inspiring book for any newcomer to the world of karate.



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