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Basic Karate

JE Gale



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Karate Basics Robin Rielly,2011-12-20 Get your karate training off to a great start from basic footwork and strikes to training and demonstrations This martial arts guide is a perfect introduction to karate for beginners Are you planning to learn Karate but don t know where to begin Are you looking for a teacher Are you taking a class but confused by the technical terms used to describe the punches Karate Basics teaches you all the fundamentals of this ancient martial art form in a clear and easy to understand manner This karate book contains the following vital information The origins of Karate its philosophy history and different schools How to find a teacher and a class that are right for you Getting ready for your first class what actually happens in a Karate class The essential elements stances blocks thrusts strikes punches and kicks How to complement your Karate training with sparring drills and kata Effective ways to succeed in Karate how to create a training program test for belt promotion and an overview of competitions and tournaments Resources to help you develop your knowledge and understanding of Karate Whether you re just getting started or have already been training for a year or two Karate Basics offers an easy yet comprehensive introduction to the sport that will make you feel more confident

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Basic Karate Handbook Fred Neff,1976 Introduces basic karate techniques and includes a history warm up exercises and answers to common questions on self defense

Proceedings of the 2nd International Conference on Sport Science, Physical Education and Health (ICSSPEH 2024) Nur Fitranto,Nadya Dwi Oktafiranda,Muhammad Gilang Ramadhan,Made Bang Redy Utama,Ayu Purnama Wenly,Sri Indah Ihsani,Raisa Ganeswara,Ela Yuliana,2024-12-29 This is an open access book Sports have been an important part of human life since time immemorial In addition to maintaining fitness and health sports also have a strategic role in building character and forming a superior generation Through physical education it contributes

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