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Karate Dojo: Traditions and Tales of a Martial Art

Von Peter Urban

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The Karate Dojo

Traditions and Tales
of a Martial Art

Peter Urban

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Produktinformation -Verkaufsrank: #974385 in eBooksVerffentlicht am: 2011-12-20Erscheinungsdatum:
2011-12-20File Name: B006OO47LY | File size: 64.Mb

Von Peter Urban : Karate Dojo: Traditions and Tales of a Martial Art before purchasing it in order to gage whether or not it would be worth my time, and all praised Karate Dojo: Traditions and Tales of a Martial Art:

KundenrezensionenHilfreichste Kundenrezensionen0 von 0 Kunden fanden die folgende Rezension hilfreich. A martial arts classicVon Henry McCannThis book is a classic on martial arts. For many of us who have been practicing for decades, this was one of the first books we may have read.It contains a collection of both interesting stories and pieces of information for students of martial arts that detail physical training regimens as well as martial philosophy and history. It is not a "how to" book but rahter an introduction to martial arts training in general. As this book is a

classic, written by an American martial arts pioneer, it is worth having.0 von 0 Kunden fanden die folgende Rezension hilfreich. A review by a Goju and Shotokan San Dan Von S. N. Johansen Urban presents a view of Karate from the sixties - interesting enough in its look at the development and psyche of Karate through a collection of stories about early masters.

Kurzbeschreibung Learn the background of Japanese Karate along with the ins and outs of belonging to a dojo with this readable martial arts guide. The Japanese martial art of Karate is not only a means of self-defense; it is also a sport and a philosophy. The Karate Dojo: Traditions and Tales of a Martial Art examines each of these aspects through the colorful legends, tales, and traditions that are associated with the art and explains why educators and parents are becoming increasingly interested in karate. This karate book shows how karate training can change the lives of those who practice it, by giving them health, self-confidence, both physical and mental discipline, as well as calm maturity. This martial arts book includes information about: the dojo, the belt system, kata and jiu-kumite, potential and goals, famous dojo stories, Okinawan martial arts fighters, ninjutsu, and more! Pressestimmen "Strongly recommended." -- "Mainichi Daily" "Strongly recommended." "Mainichi Daily" "Strongly recommended." "Mainichi Daily" "Strongly recommended." -- "Mainichi Daily" "Strongly recommended." --- "Mainichi Daily" Kurzbeschreibung Learn the background of Japanese Karate along with the ins and outs of belonging to a dojo with this readable martial arts guide. The Japanese martial art of Karate is not only a means of self-defense; it is also a sport and a philosophy. The Karate Dojo: Traditions and Tales of a Martial Art examines each of these aspects through the colorful legends, tales, and traditions that are associated with the art and explains why educators and parents are becoming increasingly interested in karate. This karate book shows how karate training can change the lives of those who practice it, by giving them health, self-confidence, both physical and mental discipline, as well as calm maturity. This martial arts book includes information about: the dojo, the belt system, kata and jiu-kumite, potential and goals, famous dojo stories, Okinawan martial arts fighters, ninjutsu, and more!