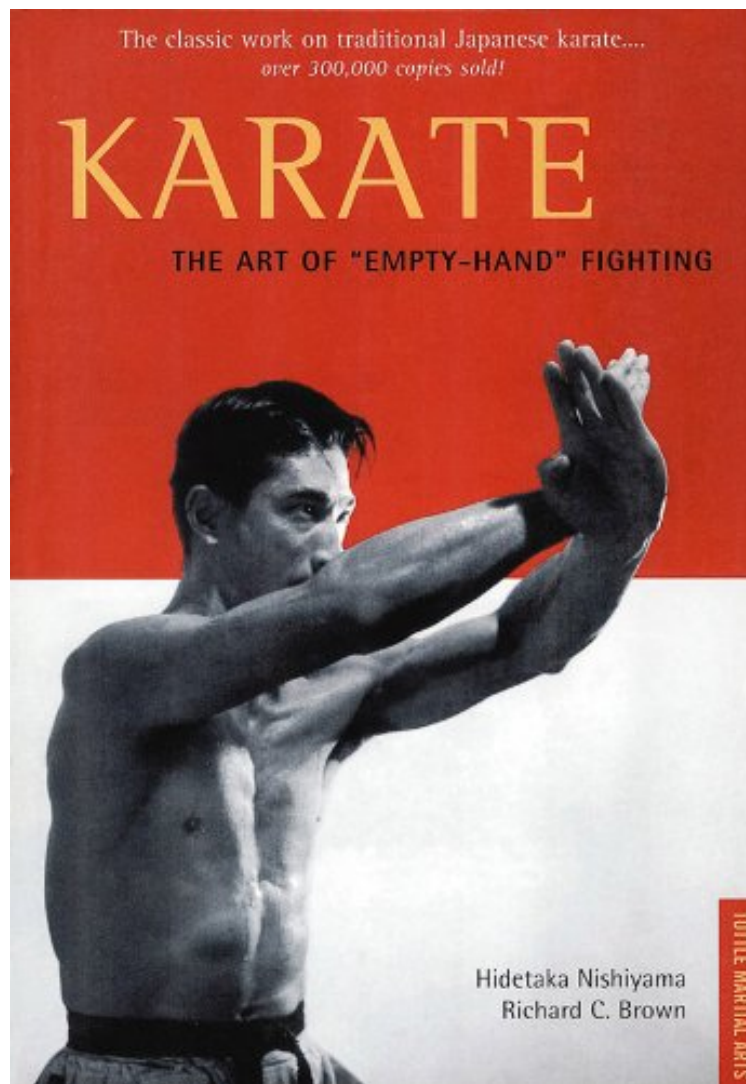


(Online library) Karate The Art of "Empty-Hand" Fighting

## Karate The Art of "Empty-Hand" Fighting

Von Hidetaka Nishiyama, Richard C. Brown

\*Download PDF | ePub | DOC | audiobook | ebooks



[Download](#)

[Read Online](#)

Produktinformation - Verkaufsrang: #29540 in eBooks Veröffentlicht am: 2011-12-20 Erscheinungsdatum: 2011-12-20 File Name: B006TKIBLK | File size: 27.Mb

**Von Hidetaka Nishiyama, Richard C. Brown : Karate The Art of "Empty-Hand" Fighting** before purchasing it in order to gauge whether or not it would be worth my time, and all praised Karate The Art of "Empty-Hand" Fighting:

Kundenrezensionen Hilfreichste Kundenrezensionen 1 von 1 Kunden fanden die folgende Rezension hilfreich. Funakoshi würde sich nicht freuen!! Von Ein Kunde Nishiyama ist heute ein ganz großer Meister und mit seiner eigenen Auffassung des Shotokan-Karate ber die ganze Welt präsent. Sein erstes Buch, in den sechziger Jahren erschienen, zeichnet eine besondere Liebe zum Studium aller wichtigen Grundtechniken aus, ist aber das dynamische Training doch sehr weit auser vor, obwohl es viele Anleitungen für Selbstverteidigung Ippon-Kumite gibt. Fast alle Techniken werden in den Grundstellungen erklärt, aber nur wenige konkrete Bewegungsabläufe (wie z.B. Oi-Zuki, Mae-Geri etc.)

sind im Vorgehen intensiv erlutert. Doch die vielen Trainingsplne fr Anfnger bis zum Fortgeschrittenen sind dafr Ausgleich genug, sucht man doch meistens selbst in umfangreichen Lehrbchern danach vergebens. Bleibt noch der Hinweis auf viele veraltete Techniken, meist Geri mit zuwenig oder gar keinem Hfteinsatz und einem nicht besonders umfangreichem z.T. fast gefhrlichem Gymnastik-Teil. Trotzdem vier Sterne?? Ja, weil...man dieses Buch mit Fug Recht als Klassiker bezeichnen mu, das sich auch nicht vor anderen Standardwerken verstecken mu. Und oben beschriebene Fehler habe ich schon viele in hochgelobten "Meister"-Werken gesehen.1 von 1 Kunden fanden die folgende Rezension hilfreich. A very informative book Von Mike Troxel This is a great book for any student who is trying to polish their techniques a bit. Nishiyama's book is loaded with all the information you would need to refine your skills. It's rather lacking in historical and philisophical information (two things I enjoy studying and don't think any karate book is complete without), but it's nonetheless an excellent aid for practice.0 von 0 Kunden fanden die folgende Rezension hilfreich. Outstanding reference work; great for one on one sparring. Von Ein Kunde Thank God that Tuttle has seen fit to make many of their classic karate books available once again to the benefit of all interested. This book covers all the basic hand and foot techniques but in the context of one on one sparring. Moves are explained clearly and with enough photographic evidence from various angles. This is a great book to work with when you want to practice with a partner; a vigorous workout is guaranteed!!

Kurzbeschreibung Master the techniques and theory of Japanese Karate with this easy-to-follow, illustrated martial arts guide. Karate: The Art of "Empty-Hand" Fighting has inspired hundreds of thousands of karateka, and it remains one of the finest texts available on the technique, art, and spirit of karatedo. This definitive volume is a systematic presentation of the art of traditional Japanese karate. An easily accessible martial arts manual illustrated with more than 1,000 photographs, this comprehensive karate book gives step-by-step explanations and thorough analysis of all the basic movements and techniques of karate. Topics of Karate the Art of "Empty-Hand" Fighting" include: The history of Karate The theories and principle of Karate The best training and exercise methods Karate techniques like stance, blocking and attacks Defenses against weapons Pressestimmen-What this phenomenal book has, that many martial arts books don't have, is constant reminders to 'avoid these mistakes.' This is one of the many reasons that so many martial artists have found value in this work. Throughout the entire book, they consistently highlight shortcomings to avoid, essentially bringing a qualified instructor right into your home. I wholeheartedly recommend this book to any serious martial artist and to those who are just curious about karate. Its price is quite nominal, making it more than an affordable addition to your library, but also as a means of measuring ones betterment. -- KarateForums.com "What this phenomenal book has, that many martial arts books don't have, is constant reminders to 'avoid these mistakes.' This is one of the many reasons that so many martial artists have found value in this work. Throughout the entire book, they consistently highlight shortcomings to avoid, essentially bringing a qualified instructor right into your home. I wholeheartedly recommend this book to any serious martial artist and to those who are just curious about karate. Its price is quite nominal, making it more than an affordable addition to your library, but also as a means of measuring ones betterment." -- KarateForums.com Kurzbeschreibung Master the techniques and theory of Japanese Karate with this easy-to-follow, illustrated martial arts guide. Karate: The Art of "Empty-Hand" Fighting has inspired hundreds of thousands of karateka, and it remains one of the finest texts available on the technique, art, and spirit of karatedo. This definitive volume is a systematic presentation of the art of traditional Japanese karate. An easily accessible martial arts manual illustrated with more than 1,000 photographs, this comprehensive karate book gives step-by-step explanations and thorough analysis of all the basic movements and techniques of karate. Topics of Karate the Art of "Empty-Hand" Fighting" include: The history of Karate The theories and principle of Karate The best training and exercise methods Karate techniques like stance, blocking and attacks Defenses against weapons