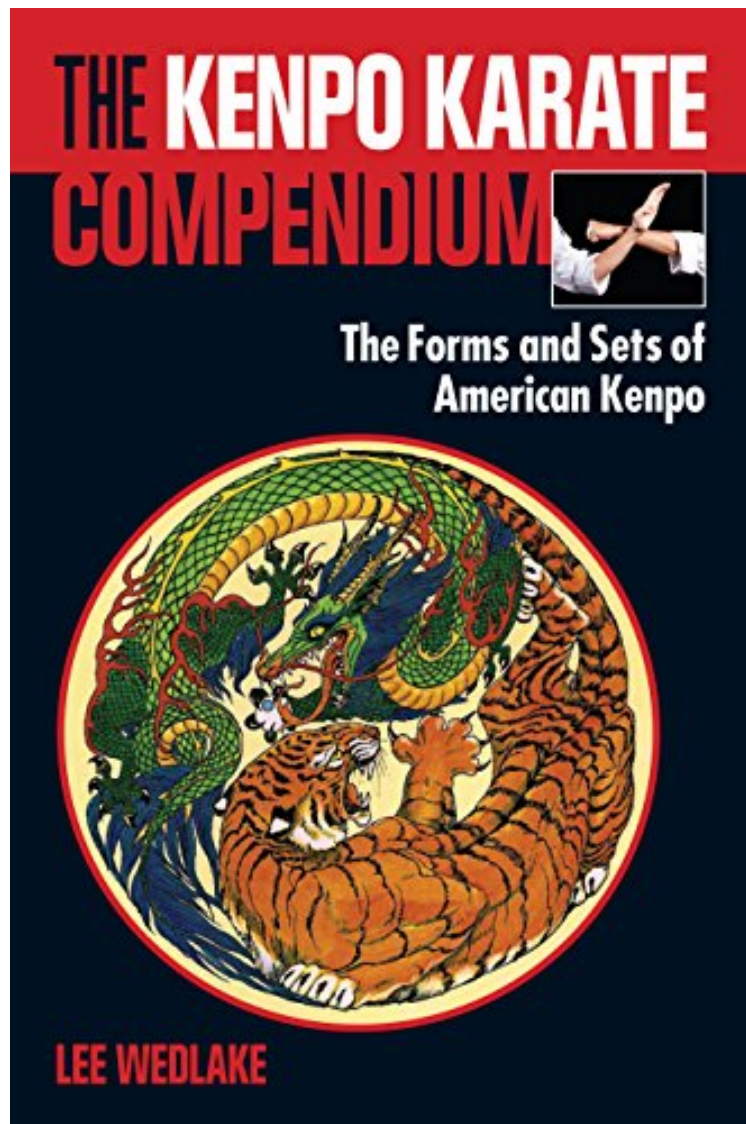


(Download pdf ebook) The Kenpo Karate Compendium: The Forms and Sets of American Kenpo

The Kenpo Karate Compendium: The Forms and Sets of American Kenpo

Von Lee Wedlake

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Von Lee Wedlake : The Kenpo Karate Compendium: The Forms and Sets of American Kenpo before purchasing it in order to gage whether or not it would be worth my time, and all praised The Kenpo Karate Compendium: The Forms and Sets of American Kenpo:

KundenrezensionenHilfreichste Kundenrezensionen2 von 2 Kunden fanden die folgende Rezension hilfreich. Wertvoller Begleiter fr alle KenpoistenVon Marc O. SigleLee Wedlake, einer der hchsten Kenpo-Karate-Lehrer der

Welt, hat bereits mehrere Bücher in englischer Sprache über das von Ed Parker entwickelte System geschrieben. Sein Buch Kenpo 201 ist 2012 auch in deutscher Sprache erschienen. Sein neuntes Buch The Kenpo Compendium ist seit Anfang des Jahres gedruckt und als E-Book zu haben (ISBN-13: 978-1583948514). Es ist eine Zusammenfassung seiner Bücher Kenpo 101 bis 601 und beschreibt neben allgemeinen Informationen und Hintergründen über das System alle Formen und Sets. So ist es ein wertvoller Begleiter für alle Kenpoisten und eine wichtige Informationsquelle für alle, die sich mit dem American Kenpo beschäftigen. Neu sind neben dem Kapitel über die Sets die Abschnitte über die Formen Sieben und Acht - sie enthalten viele Informationen, die bisher nicht veröffentlicht wurden.

KurzbeschreibungThe Kenpo Karate Compendium details the forms of American Kenpo as prescribed by the Father of American Karate, Ed Parker. Author Lee Wedlake, 9th degree black belt, world-class instructor and competitor, brings his acclaimed training and teaching experience to bear in this unique resource for all who practice and teach American Kenpo and its offshoot systems. The American Kenpo system is taught worldwide and this reference will become a standard for thousands of Kenpo practitioners in various lineages. It will also serve as a stimulus for all martial artists by providing a sense of the logical framework of American Kenpo. Having collected the general rules of motion and the numerous fine points of Kenpo, the book is a standout in the genre. **COMPREHENSIVE TREATMENT** of the Kenpo Karate system provides a progression of teaching curricula for beginning, intermediate, and advanced students and instructors **COVERS** history, fundamentals, forms, solo and partner practice, and advanced technical skills **INCLUDES** over 450 black and white photos detailing forms and techniques **SOMETHING FOR ALL STUDENTS**, whether pursuing martial arts for health, competition, self-defense, or personal improvement **Table of Contents** Introduction Preface Chapter 1: What the Beginner and the Black Belt Should Know Chapter 2: The Basics and Exercise Forms: Short and Long 1 and Short and Long 2 Chapter 3: The Intermediate Forms: Short Form Three and Long Form Three Chapter 4: Form Four Chapter 5: Form Five Chapter 6: Form Six Chapter 7: Form Seven Chapter 8: Form Eight Chapter 9: The Sets Now What? Legal viewpoint by Frank Triolo Capstone--The Thesis Form General rules of motion Recommended Reading About the Author From the Trade Paperback edition. **Pressestimmen**Not only has Lee Wedlake been there and done that for more than forty years, but he was exceptionally attentive and took copious notes. Without doubt, Lee Wedlake'sThe Kenpo Karate Compendiumwill be one of the most significant and beneficial resources available to Kenpoists worldwide. Rich Hale, Senior Professor and President, Ohana Kenpo Karate Association Lee Wedlake has been in service to the Kenpo community for years with his written material. This book will be a go-to reference for students and teachers in the years to come. Bob White, 9th degree black belt, Kenpo Karate Professor Lee Wedlake is the consummate martial artist and teacher. I highly endorse his work. Dr. Ron Chapl "Mr. Wedlake conveys his martial authority in amusing and practical ways. This volume deserves consideration and will rivet your attention." Tom Baeli, Tai Chi Instructor. I am constantly amazed at how Lee Wedlake puts together a body of work that not only educates, but provides the logic of the art of Kenpo. This book will inspire to succeed! Stephen LaBounty, 9th degree black belt This book is an invaluable aid to understanding the forms and sets of American Kenpo, written by someone who truly understands the structure and nature of the subject matter contained within. If you are a serious student of Kenpo then this book is a must for your Kenpo library. Gary Ellis, 8th Degree Black Belt, Associate Master of the Art of Kenpo Karate **Kurzbeschreibung**The Kenpo Karate Compendium details the forms of American Kenpo as prescribed by the Father of American Karate, Ed Parker. 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