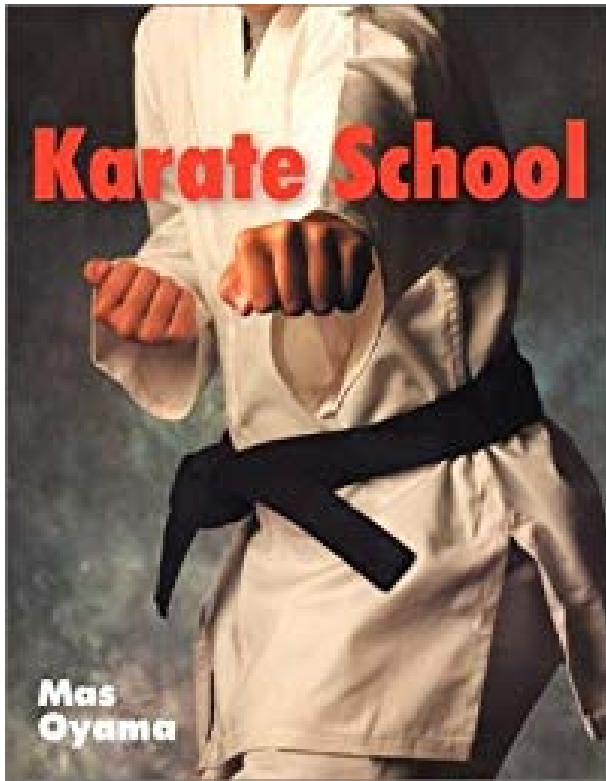


Karate School



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It's still the classic text on karate, newly reissued. The world's greatest karate master reveals his philosophy and technique for practicing one of the world's greatest martial arts. With over 1,300 photos that break down each movement and exercise, the master describes every aspect of karate, starting with the basic elements and leading up through set combinations, sparring, and competition. Build strength, control, precision, and agility from hand to foot. Make several different types of fists, as well as hand swords. Add the elbow, forearm, and the entire upper body. Try out preliminary exercises for the wrist, Achilles tendon, knees, and hips; preparations for the roundhouse block; and 16 stances. Master defensive moves, variations on fundamental techniques, and the Kata, karate's all-important set and leveled combinations. At this point you're ready to think about free sparring, or Kumite, with five preparatory stances. Plus: guidance on doing Tameshiwari--breaking wood and other materials with your fist--and reaching your pinnacle of strength!