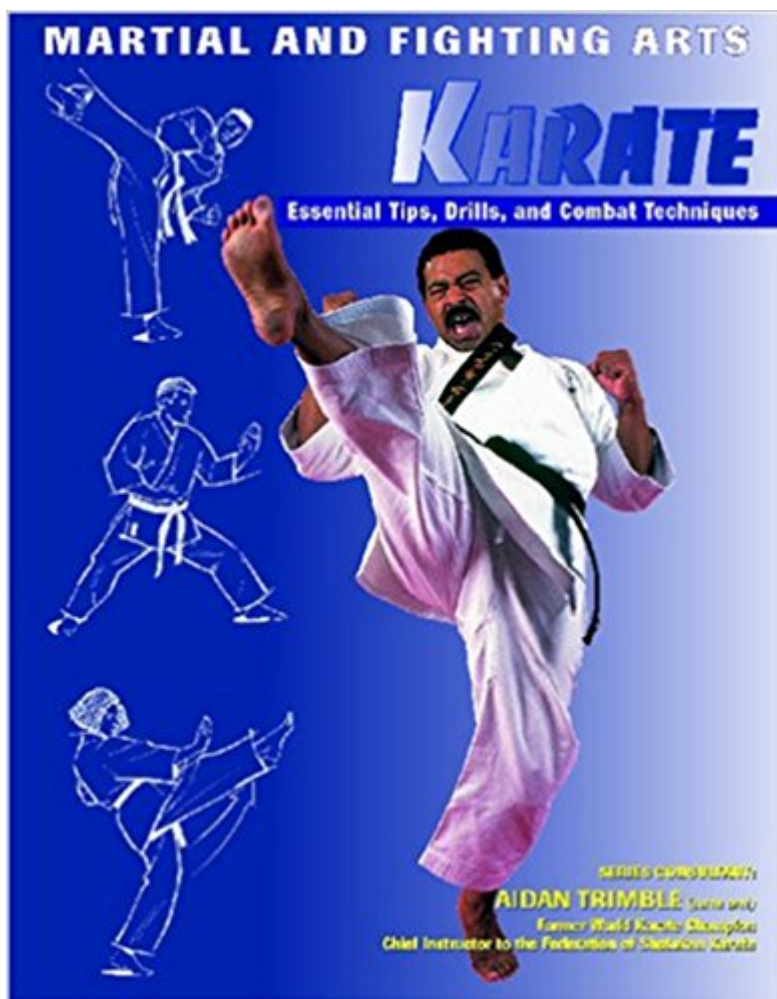


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# Karate (Martial And Fighting Arts)



## Synopsis

About this book The Martial and Fighting Arts series provides an introduction to the world's greatest methods of unarmed combat. Each book concentrates on an individual martial art. The history of the form is detailed, from its origins to the present day, and the philosophy behind it is fully explained using the words of the masters themselves. The books then focus on instructional content individual fighting techniques are explained in detail and demonstrated through vivid 2-color line drawings and photographs. Fitness and flexibility training are also explored, and the text emphasizes safe practice to avoid training injuries.

Product Details Author Nathan Johnson and Aidan Trimble Language English Format Hardcover Pages 96 Publisher Mason Crest Publishers Book Dimensions Weight 0.99 Pounds Length 9.8 Inches Width 7.8 Inches Height 0.5 Inches

## Book Information

Series: Martial and Fighting Arts

Library Binding: 96 pages

Publisher: Mason Crest Publishers (October 1, 2002)

Language: English

ISBN-10: 1590843886

ISBN-13: 978-1590843888

Product Dimensions: 9.5 x 7.8 x 0.4 inches

Shipping Weight: 15.8 ounces

Average Customer Review: 4.0 out of 5 stars 1 customer review

Best Sellers Rank: #7,482,742 in Books (See Top 100 in Books) #41 in [Books > Teens > Sports & Outdoors > Martial Arts](#) #838 in [Books > Children's Books > Sports & Outdoors > Martial Arts](#)

Age Range: 12 and up

Grade Level: 7 and up

## Customer Reviews

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to avoid training injuries. Product Details Author Nathan Johnson and Aidan Trimble Language English Format Hardcover Pages 96 Publisher Mason Crest Publishers Book Dimensions Weight 0.99 Pounds Length 9.8 Inches Width 7.8 Inches Height 0.5 Inches

Lately I have been reading quite a few of the martial and fighting arts series of books. I just finished reading this 96 page hardcover book (Karate: Essential tips, drills, and combat techniques by Aidan Trimble) which I purchased for a bargain price on . It is important to note that this series provides some very basic informational material and even though they show some techniques, these volumes do not take the place of taking lessons from an instructor. I found this to be a good basic introductory text about the art of Karate-Do. This book covers what is Karate? There is no first attack in karate, karate kicking techniques, karate joint-locking techniques, which you will not find in most books on traditional karate-do. It also has information on sports and modern karate, a glossary, clothing and equipment and further reading on the topic. In conclusion, this is an interesting and somewhat informative introduction to the practice of Karate-Do. I strongly advise anyone interested in learning Karate-Do to take lessons from an instructor besides reading any book on the subject. Rating: 4 Stars. Joseph J. Truncale (Author: Shotokan Karate Self-Defense Techniques: Combat karate for the street).

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