



# Karate Theory Manual

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By Jason PhD 7th Dan Armstrong

Lulu.com, United States, 2016. Paperback. Book Condition: New. 280 x 216 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Bunbu Ryodo in Japanese translates to an educated sophisticated warrior In the West, the term is Pen Sword . The vast majority of karate masters declare the art as first and foremost about personal development. However, it must also balance the reality of effective fighting skills. For these reasons, the physical personal developmental journey of karate is typically taught alongside lessons covering its heritage and the theory behind the art. The book provides a journey through Traditional Japanese Karate s Karate culture based on Tradition History Technique biomechanics the shuhari of technical evolution Philosophy Balancing Kata Bunkai vs Tournament strike fighting Yoga integrated into karate stretching injury prevention Basic Terminology basic target physiology Basic teaching, traditional stances biomechanical considerations This book acts as the textbook for the required theory tests for students within the Traditional Japanese Karate Network.



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## Reviews

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*The book is great and fantastic. it absolutely was written very properly and beneficial. It is extremely difficult to leave it before concluding, once you begin to read the book.*

**-- Lyda Davis II**