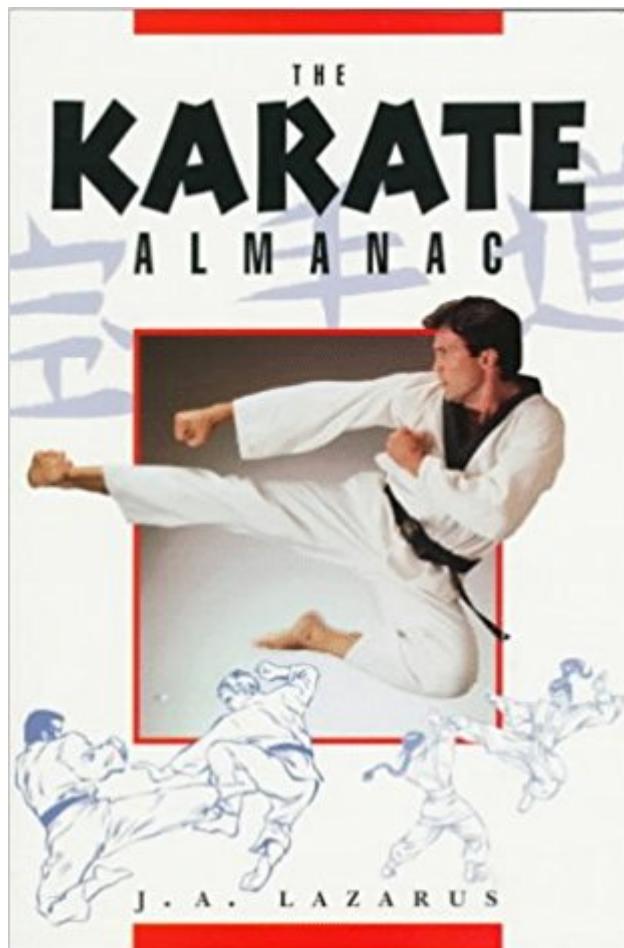


The book was found

The Karate Almanac



Synopsis

Karate, art of the "open hand", is the most popular of all the martial arts, with hundreds of thousands of practitioners worldwide. The Karate Almanac explores every aspect of this fascinating subject.

Book Information

Paperback: 80 pages

Publisher: Lowell House; First Edition edition (April 1997)

Language: English

ISBN-10: 1565656229

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Product Dimensions: 0.2 x 6.2 x 9.2 inches

Shipping Weight: 4 ounces

Average Customer Review: 5.0 out of 5 stars 2 customer reviews

Best Sellers Rank: #16,033,579 in Books (See Top 100 in Books) #65 in Books > Teens > Sports & Outdoors > Martial Arts

Customer Reviews

The greatest power is in the heart. This book explains karate from ancient warriors and patriarchal practitioners to today's media heroes, with an emphasis on how learning about karate gives one the strength not to have to use brute power to be a winner. The Karate Almanac shows kids what to expect in the dojo, how classes are structured and even takes them through an actual karate sequence of moves they can try at home.

This book is well written. It is perfect for someone thinking about joining the Martial Arts. I feel this book is written for children, but would be good for everyone to read. You are taken through a brief history of karate, what you can expect from a Dojo and teacher. And some prelimantly basics you can practice at home. All in all a very positive book.

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