



The Shotokan Karate Bible 2nd edition: Beginner to Black Belt

Ashley P. Martin

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An authoritative text providing the newcomer to karate with all they need to know. Packed with clear photographs detailing techniques and *kata* (the combinations of techniques students must master to progress through the belts), this book is organized and designed to take the student step-by-step through the progression of the martial art, taking each belt in turn. Photographs are accompanied by clear instructions from the author, a trained instructor with his own karate school.

Karate is a martial art that focuses on the application of strikes using the hands and feet. It originated in Japan and has become popular throughout the world. There are many styles of karate but the most widely practiced outside of Japan is Shotokan. Training in karate is normally divided into three sections: the basic technique; *kata*, or sequencing of techniques to imaginary opponents; and *kumite*, the sparring done with an opponent. Gradings are the exams needed to progress to the next level. Typically, three months is needed to progress through each grading. There are usually three or four gradings per year, each with a syllabus. In total a student must pass ten gradings in order to get a black belt--this, on average, takes a student four years to attain. Packed with useful how-to diagrams and guides on technique, this book covers the training required to attain a black belt.

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