

The Heart Of Karate Do

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Heart of Karate Do. ... Karate-do, the "Way of Karate," is no different from the other martial arts in this respect. Animals are not muscle-bound; why should a man be? Pliancy and flexibility are natural characteristics of the human body; rigidity is the mark of death. Beginning with the warming-up exercises-neglected in earlier karate books ...

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As a method of self-defence, karate has few equals, yet despite its great popularity, the essence of the art has been poorly grasped by many of its practitioners. Ancient in origin, the martial arts of the East have always had the development of man's spiritual, as well as physical, nature at their core.

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5.0 out of 5 stars Heart of Karate Do. Reviewed in the United States on June 22, 2000. Format: Paperback Verified Purchase. This book has been out of print for some time and now it's back! It is one of my favorite books about karate, written by a man who studied directly from Gichin Funakoshi. Originally published at The Way of Karate: Beyond ...

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The Heart Of Karate Do (Bushido The Way Of The Warrior)

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Karate is now predominantly a striking art using punching, kicking, knee strikes, elbow strikes and open-hand techniques

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such as knife-hands, spear-hands and palm-heel strikes. Historically, and in some modern styles, grappling, throws, joint locks, restraints and vital-point strikes are also taught.

Karate - Wikipedia

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