

# Karate The Complete Kata

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## BOOK DETAILS

- Author : Hirokazu Kanazawa
- Pages : 240 Pages
- Publisher : Kodansha USA
- Language : English
- ISBN : 1568365179

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## BOOK SYNOPSIS

The martial art of Karate is one of the many facets of Japanese traditional culture that has been embraced worldwide. This book explains all the important Karate kata, illustrated with photos and detailed text by the author. It also explains in depth some of the more difficult aspects of Karate for learners to master, including steps, breathing, and pressure points, among others. Kata needs to be practiced repeatedly on an individual basis, and this book is written with such training in mind.

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