



The Essential Karate Book: For White Belts, Black Belts and All Karateka in Between

Graeme Lund

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The Essential Karate Book is an illustrated, informative guide to the techniques, philosophy and practice of karate

With 20 chapters covering practically every aspect of karate, this in-depth reference will assist students and instructors as they plot their course through karate instruction, benefiting those at all levels. *The Essential Karate Book* contains 200 diagrams mapping out moves, 300 color photographs, and a DVD, making it a comprehensive general karate reference for Western audiences.

Readers of this karate guide will learn about:

- The origins and history of karate
- Required behavior, clothing and etiquette, as well as the fundamentals of karate and the different styles that share them
- Stances, blocks, strikes and kicks
- Preparing your body through warm ups, stretching, and conditioning through karate-specific exercises
- Kata grading and fighting (kumite) techniques and competition rules
- Martial arts weapons (kobudo), and MMA (Mixed Martial Arts) applications

The Essential Karate Book is a must-have for any martial arts enthusiast, from beginners to black belts!

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