



Mas Oyama's Complete Karate Course

By Masutatsu Oyama, Mas Oyama

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Mas Oyama's Complete Karate Course By Masutatsu Oyama, Mas Oyama

The world's greatest karate master reveals his philosophy and technique for practicing one of the world's greatest martial arts. With 1,000 photos that break down each movement and exercise, the Master describes every important aspect of karate, starting with the basic elements and leading up through set combinations and sparring. From hand to foot, there's a technique to build strength, control, precision, and agility. Make several different types of fists, as well as handswords. Add on the elbow, forearm, and the rest of the upper body. Work every part of the foot, and try out preliminary exercises for the wrist, Achilles tendon, knees, and hips; preparations for the roundhouse block; and 16 different stances. Begin mastering defensive moves and varying the fundamental techniques--lunges, thrusts, blocks, and fighting blows--by trying them in several different positions. Lunge kick, control your breathing, and move on to the "Kata, karate's set and leveled combinations that have to be practiced to perfection. At this point you're ready to think about free sparring, or "Kumite, with five preparatory stances, and by considering "Ma-ai, a combination of the distance between you and your partner and the speed at which you're both moving. You'll also get guidance on gaining the discipline, the focus, and the force to do "Tameshiwari, the art of breaking wood and other materials with your fist. Advice on everyday techniques for fitness, special training exercises, and competition karate will help you reach your pinnacle of strength! Previously published as "Mas Oyama's Essential Karate. 256 pages, 1,000 b/w illus., 8 x 10.

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