

Karata Kata - Vol. 1 For the Transmission of High-Level Combative Skills



BOOK DETAILS

- Author : Marvin Labbate
- Pages : 128 Pages
- Publisher : Via Media Publishing Company
- Language : English
- ISBN : 189376513X

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BOOK SYNOPSIS

A kata is much like a family jewel that has passed down through generations. It holds a significance that is difficult to decipher, and many dispute the meaning of every micro movement it contains. We are thrilled to present a two-volume book on this subject. If katas are learning tools that pass down knowledge of a valued art, then the authors included in this anthology can certainly facilitate the learning process for all interested in karate. Each author has excellent experience in the field, having studied directly under masters, often in Okinawa. In addition to their long years of physical participation in the school of hard knocks, their depth of scholarly research into the encompassing culture allows their writings to illuminate many aspects of kata practice that normally go unnoticed. In our quest to better understand the full significance of kata practice, we must take a serious look at why old masters formulated the routines. How can kata practice better our health and promise to hone our self-defense skills? Each chapter in this anthology deal with the principles that guide kata practice. Hopefully the reading will reveal some of the secrets to improve techniques. As with other martial traditions, some insights cannot be shared through written word. Like good teachers, may the chapters here inspire you to look deeper into kata practice.

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