



Ready Stance



Turn left
Front Stance
High Block



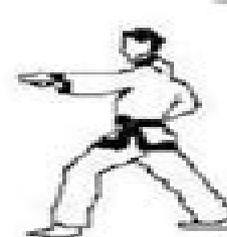
Step Through
Front Stance
High Punch



Turn 180°
Long Turn



Front Stance
High Block



Step Through
Front Stance
High Punch



Turn Left
Front Stance
High Block



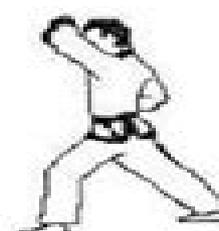
Step Through
Front Stance
High Punch



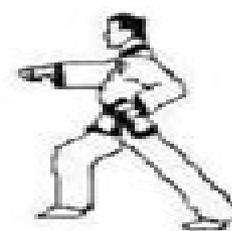
Step Through
Front Stance
High Punch



Step Through
Front Stance
High Punch
Kiyup!



Turn 270° degrees
Front Stance
High Block



Step Through
Front Stance
High Punch



Turn 180° degrees
Front Stance
High Block



Step Through
Front Stance
High Punch



Turn Left
Front Stance
High Block



Step Through
Front Stance
High Punch



Step Through
Front Stance
High Punch



Step Through
Front Stance
High Punch
Kiyup!



Turn left
Front Stance
High Block



Step Through
Front Stance
High Punch



Turn 180°
Long Turn



Front Stance
High Block



Step Through
Front Stance
High Punch



Ready Stance

Karate Basics

Ying-Ying Zheng



Karate Basics:

Karate Basics Robin Rielly,2011-12-20 Get your karate training off to a great start from basic footwork and strikes to training and demonstrations This martial arts guide is a perfect introduction to karate for beginners Are you planning to learn Karate but don t know where to begin Are you looking for a teacher Are you taking a class but confused by the technical terms used to describe the punches Karate Basics teaches you all the fundamentals of this ancient martial art form in a clear and easy to understand manner This karate book contains the following vital information The origins of Karate its philosophy history and different schools How to find a teacher and a class that are right for you Getting ready for your first class what actually happens in a Karate class The essential elements stances blocks thrusts strikes punches and kicks How to complement your Karate training with sparring drills and kata Effective ways to succeed in Karate how to create a training program test for belt promotion and an overview of competitions and tournaments Resources to help you develop your knowledge and understanding of Karate Whether you re just getting started or have already been training for a year or two Karate Basics offers an easy yet comprehensive introduction to the sport that will make you feel more confident

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Karate for Kids Robin L. Rielly,2012-11-06 A fun and accessible introduction to studying karate designed specifically with the interests and capabilities of young martial artists in mind First time martial arts students are not just starting a program of physical and mental practice They are entering a new world one that not only has new rules new goals and even new clothing but that also offers them lots of new opportunities for fun and accomplishment Karate for Kids will help prepare kids to start learning about karate and help them practice at home It includes thorough introductions to the history and philosophy of the techniques what to expect in the first few classes how to warm up and practice and advice on setting goals With over 75 full color illustrations including 40 clearly diagrammed karate exercises along with lots of fun facts and informative sidebars written in kid friendly jargon free language this is the perfect introduction for the younger martial artist

Black Belt ,2003-10 The oldest and most respected martial arts title in the industry this popular monthly magazine addresses the needs of martial artists of all levels by providing them with information about every style of self defense in the world including techniques and strategies In addition Black Belt produces and markets over 75 martial arts oriented books and videos including many about the works of Bruce Lee the best known marital arts figure in the world

Mike Stone's Book of American Eclectic Karate Mike Stone,1984

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