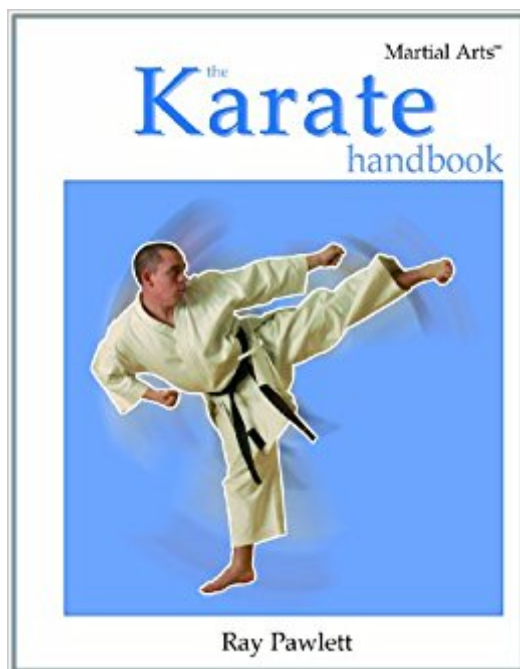


The book was found

The Karate Handbook (Martial Arts (Rosen))



Synopsis

Book by Pawlett, Ray

Book Information

Series: Martial Arts (Rosen)

Library Binding: 256 pages

Publisher: Rosen Publishing Group (January 1, 2008)

Language: English

ISBN-10: 1404213945

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Product Dimensions: 6.6 x 0.8 x 8.4 inches

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Average Customer Review: 4.1 out of 5 stars 2 customer reviews

Best Sellers Rank: #1,911,903 in Books (See Top 100 in Books) #7 in [Books > Teens > Sports & Outdoors > Martial Arts](#) #368 in [Books > Children's Books > Sports & Outdoors > Martial Arts](#)

Age Range: 12 - 17 years

Grade Level: 7 - 12

Customer Reviews

Pawlett, who has decades of experience in the martial arts, offers a thorough introduction to karate that covers both the underlying philosophy and the physical practice. A thoughtful, sophisticated history opens the book and discusses karate's roots in Zen Buddhism, the styles of karate, and dojo etiquette. Later spreads feature lucid, step-by-step instructions for stretches, strength training, kicking and punching techniques, and finally kata, the sequences of movement that are used to teach karate. Each spread is illustrated with crisply reproduced color photographs of martial artists demonstrating the actions. Closing sections cover tournament details and even a glossary of basic Japanese phrases. Pawlett's passion for his subject energizes every page, and his presentation is holistic; throughout the book, he encourages readers to learn about the mind-body connection. Pawlett also stresses caution: "It is vital that you consult your instructor before taking up the training described in this book." Part of the Martial Arts series, this excellent resource covers a subject of perennial interest to kids of all backgrounds and ages. Grades 7-12.

--Gillian Engberg

Having been a student and teacher of numerous martial arts (Karate-Do, Judo, Jujitsu, Kenjutsu, Hanbo-Jutsu and Tanto-Jutsu), for more than 60 years I have read just about every karate book I could get my hands on. However, I recently purchased a fantastic soft cover book (The Karate Handbook by Ray Pawlett) at a bargain price on .One of the interesting things I have observed over the years is that some of the very best books on Karate-do are published in England. They do have excellent Karate teachers and this wonderful book is an example of a well-written, beautifully illustrated basic karate text that any Karate student would love. This is not to say this book would take the place of hands-on lessons from a qualified instructor, but if you are presently taking karate lessons this book should be in your personal library. The color photographs are clear and easy to follow. This book is organized into seven detailed chapters and includes the following: Chapter 1, gives a good basic introduction to Karate. The second chapter asks the reader "Is karate for me?" Chapter three explains the various warm-up exercises and other fitness factors. The fourth chapter shows the basic stances and movements in karate. Chapter five explains the basic karate techniques. Chapter 6 covers the basic lower belt Katas (forms) of Karate. Chapter 7, is all about the sparring methods of Karate-Do. There is also information on the Japanese terms, an index and a bibliography. If you are a beginner studying Shotokan or other Japanese karate systems this book is for you. Rating: 5 Stars. Joseph J. Truncale (Author: Shotokan Karate: Combat Karate for the street)

I bought it for its illustrations of the warm-up exercises, which were fine.

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