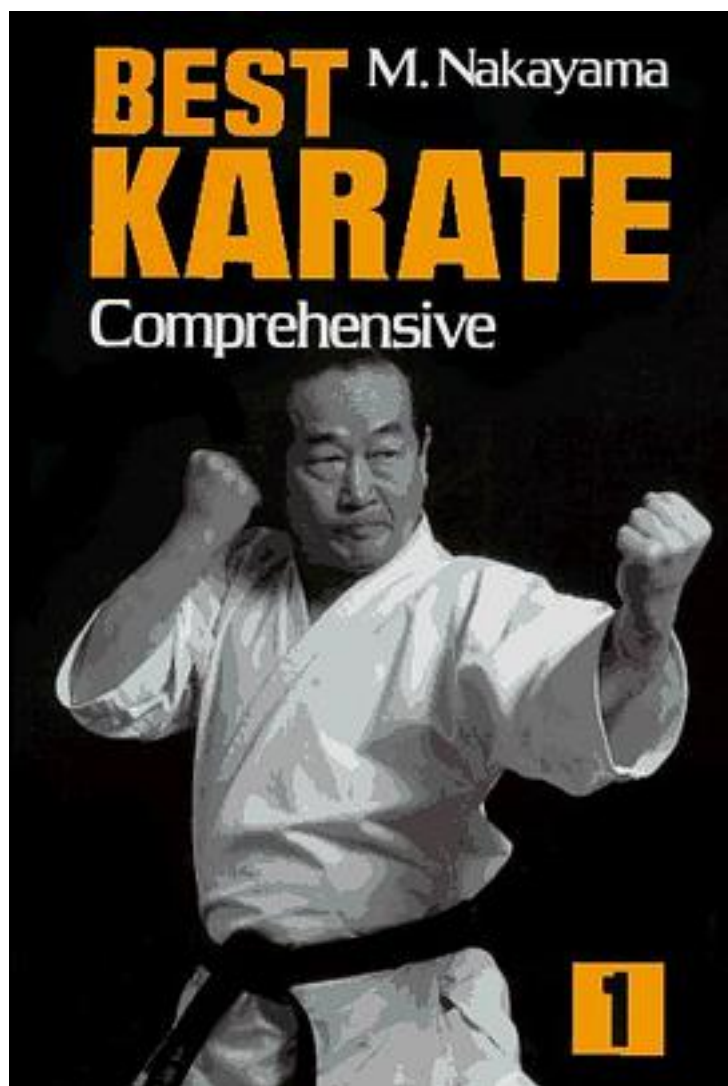


Best Karate



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In kumite (sparring) basic techniques are sharpened and body movement and distancing acquired through practical application. This volume explains the types and meaning of kumite and the relation between jiyu kumite and basic training in fundamentals.

Demonstrated by instructors of the Japan Karate Association. As well as setting forth the basic rules that must be put into practice when performing kata or applying techniques in kumite, this volume pinpoints the underlying physical and physiological principles of karate: source and concentration of power; stance, form, stability and technique; movement in all directions; basic and comprehensive aspects of training.

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