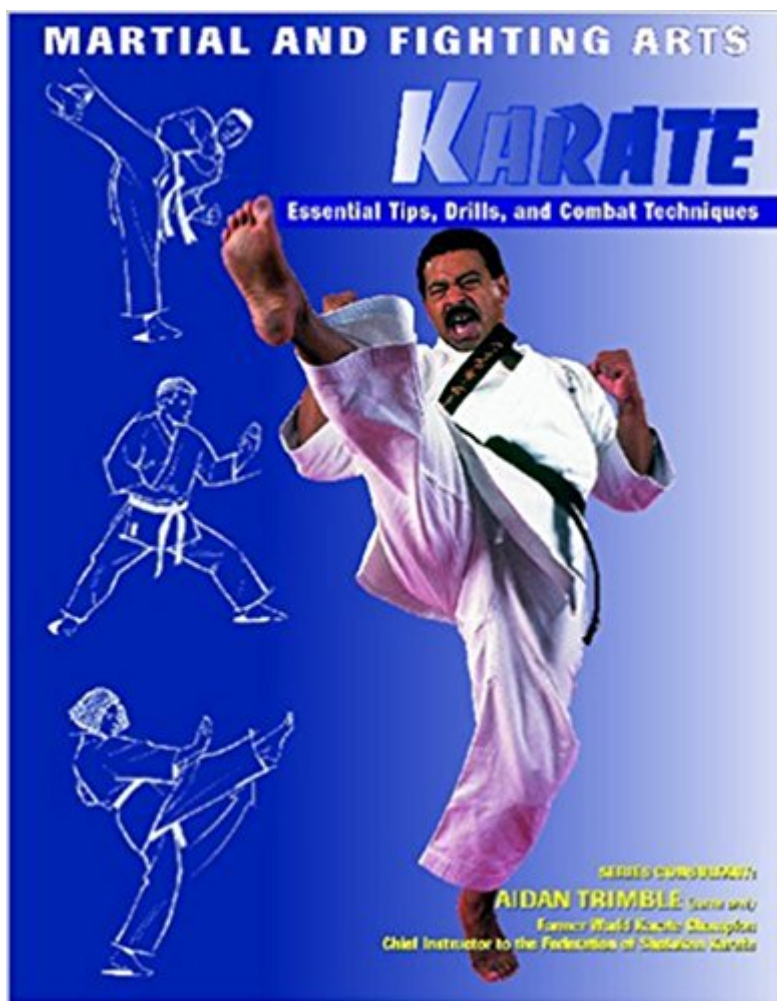


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Product DetailsAuthor Nathan Johnson and Aidan TrimbleLanguage EnglishFormat HardcoverPages 96Publisher Mason Crest PublishersBook DimensionsWeight 0.99 Pounds Length 9.8 Inches Width 7.8 Inches Height 0.5 Inches

Book Information

Series: Martial and Fighting Arts

Library Binding: 96 pages

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Average Customer Review: 4.0 out of 5 stars 1 customer review

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Lately I have been reading quite a few of the martial and fighting arts series of books. I just finished reading this 96 page hardcover book (Karate: Essential tips, drills, and combat techniques by Aidan Trimble) which I purchased for a bargain price on . It is important to note that this series provides some very basic informational material and even though they show some techniques, these volumes do not take the place of taking lessons from an instructor.I found this to be a good basic introductory text about the art of Karate-Do. This book covers what is Karate? There is no first attack in karate, karate kicking techniques, karate joint-locking techniques, which you will not find in most books on traditional karate-do. It also has information on sports and modern karate, a glossary, clothing and equipment and further reading on the topic.In conclusion, this is an interesting and somewhat informative introduction to the practice of Karate-Do. I strongly advise anyone interested in learning Karate-Do to take lessons from an instructor besides reading any book on the subject.Rating: 4 Stars. Joseph J. Truncale (Author: Shotokan Karate Self-Defense Techniques: Combat karate for the street).

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