



Karate for Beginners

Pierre Blot

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In Karate, it takes speed and practice to be the best. Lightning-fast punches, powerful kicks, and deft blocks and counters make it an exciting, fast-paced non-contact sport. A renowned black belt champion shows you what it takes to climb from one level to the next -- on your way to the top! Every technique is clearly spelled out and demonstrated with drawings of exercises and positions, and great photos of world champions in action, all in full color. For each belt level, you get a list of techniques to master, in order to ace the test. Attack these detailed training programs with hard work and practice, and you'll be well on your way to becoming one of the elite black belts of karate.

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