

An Introduction To Wado Ryu Karate

Introduction to American Wado Ryu By the late Hanshi Otto Johnson and Renshi Allen Woodman. This is the last and only publication for the authentic art of Wado Ry as per the requirements of the American Wado Ryu Federation International and the American Wado Ryu Association. All the material and information needed for students from white belt to black belt are included in this one manual.

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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.

"FOREWORD" for this magnificent book is written by 6 Time World Boxing Champion, M.C. Mary Kom. The remarkable part of this Karate book is that it is fully colored adorned with high-resolution photographs and its coffee-table size makes it a memorable and unique book in the world. This book is precious and useful for those Karateka who need to take in Shotokan style Karate from White Belt to Black Belt with the aim of full devotion towards learning and rehearsing Karate. Each pursuer of this book will know much about the fundamentals of Shotokan Kata. What's more, this book incorporates a portrayal of the positions of some advanced movements of the Shotokan style that are performed by me only, so that every Karateka can see clear photos and catch on it quickly in a simple manner. This book is composed for everyone who is inspired by the Shotokan Karate and needs to look behind credible Shotokan Karate more profoundly. For those, keen on extending their insight and improving their capacities with the applications depicted and delineated in this book, I recommend perusing this book completely to get each stance exhibited by me along with its full description about that particular stance so that it may be learned very well by the Karateka straight forwardly.

Wado Ryu Karate/Jujutsu is the third book by master martial arts instructor, Mark Edward Cody. This volume explores the origins, techniques and kata of one of Japan's most traditional martial arts. This is the first book to examine all seventeen kata of the system and is one of the few existing texts written by a native English speaker. Unlike other works on the subject, kata movement is explained in precise detail. The reader is given clear, systematic instruction in the direction, execution and technique of kata movement. Cody chronicles the traditions of Wado Ryu in light of the necessity for innovation and combat effectiveness in the propagation and evolution of ancient fighting systems. Wado Ryu Karate/Jujutsu embodies the ancient martial principle to "Absorb that which is useful". Hironori Ohtsuka created the Wado system by blending the best aspects of Shotokan Karate with Shindo Yoshin Ryu Jujutsu. Following the Founder's example, Cody draws upon his knowledge of Filipino Combat Systems and other arts in his analysis of this Traditional Japanese Fighting Art.

Filipino Combat Systems chronicles the creation, evolution and core concepts of one of the fastest growing martial arts in the world. It overcomes the shortcomings inherent in martial art instruction manuals by focusing not on technique, but on the strategy and philosophy of movement behind the technique. Written by a first generation student under the authority and supervision of the system's Founder and Grand Master, this work is an excellent introduction to the system. FCS is one of the most practical combat oriented martial systems in existence, bridging the gap between the ancient fighting arts and the modern world.

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