



# Scientific Karatedo

*Masayuki Kukan Hisataka*

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**Scientific Karatedo** Masayuki Kukan Hisataka

**A truly exhaustive text on the myriad disciplines that make up karate, *Scientific Karatedo* is the ultimate guide to this popular martial art.**

First written in 1976, *Scientific Karatedo* continues to stand as one of the best books ever written on karate. This classic work is a complete guide to all facets of karate training, describing not only strikes, kicks, blocks, and stances, but also:

- Warm-Ups
- Forms
- Sparring techniques
- Multiple combinations
- Throws
- Chokes
- Joint locks
- Weapons Use
- Meditation Examples
- Self-defense techniques against weapons
- Self-defense for women.

No other karate guide covers such a wide range of subjects. Illustrated with over 1,900 photographs, *Scientific Karatedo* is an easy to understand guide written with the beginner in mind, but contains enough advanced techniques to satisfy veteran practitioners. The author also describes the theories, ethics, etiquette, history, and spirituality of karate, and has added new information on the Koshiki Karatedo competition system and Supersafe protective equipment.

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