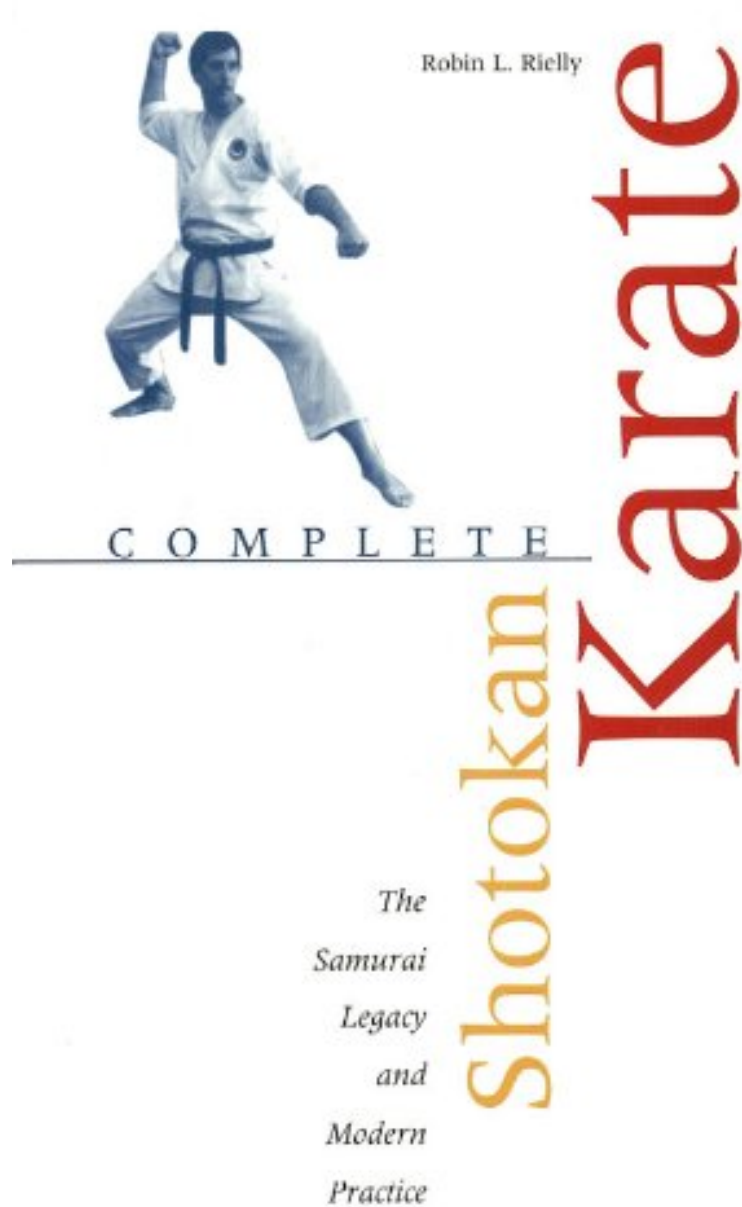


Complete Shotokan Karate: History, Philosophy, and Practice (Tuttle Martial Arts)

Von Robin L. Rielly

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before purchasing it in order to gauge whether or not it would be worth my time, and all praised Complete Shotokan Karate: History, Philosophy, and Practice (Tuttle Martial Arts):

KundenrezensionenHilfreichste Kundenrezensionen0 von 0 Kunden fanden die folgende Rezension hilfreich. fine, but not greatVon Ein KundeComplete Shotokan Karate is a fine book, but it seems to be missing some important elements in terms of focussing on the DOING of karate rather than the sometimes over-mystified beginnings of karate. This lack of focus on fundamentals might also account for mistakes in technique that we can find in some of the photos. The feet are supposed to be rooted at all times for example, except for moments of shifting or rotation. Reilly is picking up his heels in a few of the photos. These are fundamental no-no'sAlso, although martial artists would like to daydream that theirs is a venerable and ancient art traced back directly to medieval samurai that is simply not the case. Modern karate has evolved so radically from what we find in the first baby steps of this art that the two are hard to link together from any technical standpoint.What Rielly is presenting as the complete Shotokan karate is not quite accurate. The karate here in Japan is quite different.0 von 0 Kunden fanden die folgende Rezension hilfreich. Direct, the information for the history of Karate' is greatVon Ein KundeMr. Rielly was my Karate' instructor for many years. His information of Shotokan is first rate. First he trained in Japan and he has over 35 years in training and teaching. Also Mr. Rielly had the distinction of being the first in american to be awarded a 6th. degree black belt in the J.K.A. The book is for any serious student of true Karate' history and training.

KurzbeschreibungComplete Shotokan Karate is actually two books in one: a thorough history of Japanese karate in Asia and the United States, and an instructional manual for students of the Shotokan method.Part One outlines the history of karate from its probable origins in India (or perhaps Greece), and its transmission from China through Okinawa to Japan. Relevant aspects of Japanese history and culture, such as the samurai ethos and Zen, are emphasized.Part Two, profusely illustrated with over 600 clear black-and-white photographs and 20 line drawings, outlines instruction for kumite (sparring drills). Included are two-person drills such as the double-line drill and the circle drill which give practice in facing multiple opponents. Descriptions of many of these drills are not found in other English-language books. In addition, nine karate kata (forms) are presented, two of which, sochin and nijushiho, are rarely seen in print in English.The two parts of this exhaustive bookthe first historical and philosophical, the second practicalcombine to form one of the most comprehensive presentations of Shotokan karate available in English. Complete Shotokan Karate is an essential resource for all those interested in Japanese karate.