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Mas Oyama's Karate

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Mas Oyama's Karate Bobby Lowe
Written with full cooperation of Karate Master Masutatsu Oyama, 8th dan, the founder and Chairman of the Japan karate-do Kyokushinkai, this fully illustrated volume completely explains and demonstrates the various forms of Karate, as perfected by Master Oyama, winner of the All-Japan Karate Championships, 1947. Mas Oyama, who was responsible for introducing Karate to the United States for the first time in 1952, considers the author his best Karate instructor outside Japan. Step-by-step instructions - each step illustrated by photographs especially taken for this book - lead the student through a complete course of Karate. Chapters cover: Warm-up Exercises; Stances; Nerve Centers; Karate Punching and Striking Techniques; Defensive Blocking; Kicking Techniques; Breathing Coordination Exercises; "Katas"; Training in Pairs; One-Blow Sparring ("Ippon Kumite"); Defense Against Grabbing; Knife and Club Defense; Freestyle Sparring ("Jiyu Kumit"); Board, Brick and Stone Breaking ("Tameshiwari"); Defense Against Multiple Attackers. --- from book's back cover

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