
Karate Breaking Techniques With Practical Applications For Self Defense

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LUIS ABBEY

Black Belt Tuttle Publishing

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.

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With Practical Applications for Self-Defense North Atlantic Books

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International Books in Print Chikara Kan, Inc.

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Karate Breaking Techniques is the first book devoted solely to the art and techniques of breaking objects. The author, a highly experienced martial arts instructor and former Green Beret, explains clearly and systematically how to break boards, bricks, and other objects, and discusses practical applications of these techniques for self-defense. With over 500 outstanding photographs and sketches, this karate book demonstrates the breaks themselves, then, in a simple, step-by-step

manner, teaches how to execute them properly and safely. Although kamae and fighting principles differ from style to style, breaking remains a constant, no matter what the style. Therefore, although martial artists may fight differently, execute kato differently or execute entirely different sets of kata, all students of all styles can use the information set out in *Karate Breaking Techniques* to master the art of breaking. Beginning with thorough coverage of the basics and on examination of the three principles of speed, power, and penetration, the author explains the importance of focus, body conditioning, proper placement of objects to be broken, breath control, and other vital aspects of the art. Hand, kicking, flying, and combination breaking techniques are discussed in detail, and the book concludes with instructions for performing impressive demonstration techniques.

Tae Kwon Do

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Hook Kick

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Thinking about Goju-Ryu

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