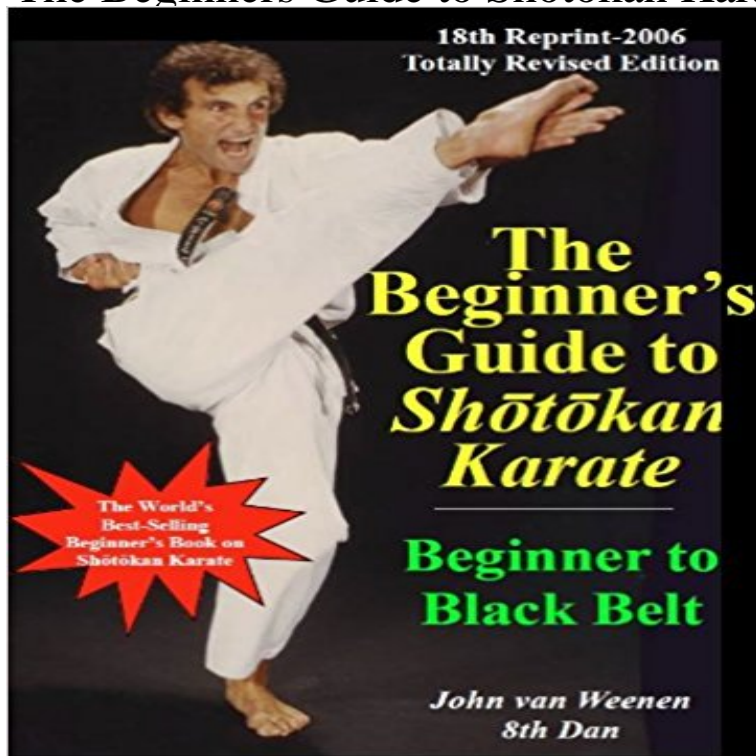


The Beginners Guide to Shotokan Karate



The definitive work for beginners on Shotokan Karate. Initially compiled 30 years ago but added to and revised over the years to cover every conceivable aspect of training needed to take the student from Beginner to Black Belt. Five hundred and thirty two pages cover the following in detail in an easy to follow manner: About the Author, Foreword, A Beginners view, A brief History of Karate, Finding the right club for You, Basic Rules of Etiquette, The Relationship Between Sensei and Student, Rei (Bowling), One Mans Journey, Exercises, Long term Injury, Basics: Punching, Striking, Blocking and Kicking. Kata: Taikyoku Shodan, Heian Shodan, Heian Nidan, Heian Sandan, Heian Yondan, Heian Godan. Comprehensive coverage including all applications (Bunkai). Sparring: (Kumite) Gohon, Sanbon, Kihon Ippon, Kaeshi Ippon, Jiyu Ippon leading to Jiyu Kumite (Freestyle Sparring). Women in Karate, Self Defence, Children in Karate, The Mature Student, Preparing for Grading, Grading Structure, Grading Syllabus, The Dojo Kun, 1-100 in Japanese, Weight training for Karate, Anatomical Charts, Vital Points, Mind Over Matter, Visualisation, Self Hypnosis, Meditation, The Great Masters, Karate versus Cancer, A Way of Life, Genealogy of Modern Karate and Recommended Reading. The Beginners Guide to Shotokan Karate is the Worlds most comprehensive, successful beginners book ever written. John van Weenen is Chief Instructor of The Traditional Association of Shotokan Karate, holds the rank of 8th Dan, and has trained for 50 years. He is 72 years old and regularly trains and teaches four nights a week in Bedfordshire and Buckinghamshire. In 1999, he was awarded the MBE for services to the children of Albania and six years previously received The Order of Mother Teresa from Mother Teresa in Calcutta. Today he is the Honory Consul for Albania

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