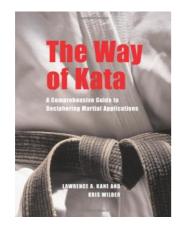
Get PDF

THE WAY OF KATA: A COMPREHENSIVE GUIDE FOR DECIPHERING MARTIAL APPLICATIONS



YMAA Publication Center. Paperback. Book Condition: new. BRAND NEW, The Way of Kata: A Comprehensive Guide for Deciphering Martial Applications, Lawrence A. Kane, Kris Wilder, The Principles for Understanding Kata are Largely Unknown Until Now The ancient masters developed kata, or "formal exercises," as fault-tolerant methods to preserve their unique, combat-proven fighting systems. Unfortunately, they deployed a two-track system of instruction where an 'outer circle' of students unknowingly received modified forms with critical details or important principles omitted. Only the...

Read PDF The Way of Kata: A Comprehensive Guide for Deciphering Martial Applications

- Authored by Lawrence A. Kane, Kris Wilder
- Released at -



FILESIZE. Z.O IVI

Reviews

This book will not be simple to get going on reading but extremely exciting to read through. Yes, it can be play, still an interesting and amazing literature. I am very easily could possibly get a delight of reading a written book.

-- Rene Olson

A brand new e-book with a brand new standpoint. it was actually writtern extremely properly and valuable. I am just quickly can get a pleasure of looking at a published ebook. -- **Prof. Garett Schmitt**

Related Books

Grandpa Spanielson's Chicken Pox Stories: Story #1: The Octopus (I Can Read Book
2)

- The Right Kind of Pride: A Chronicle of Character, Caregiving and Community
- (Paperback)
- The Queen of Subtleties: A Novel of Anne Boleyn
- Aida, Opera in Four Acts: Vocal Score (Paperback)
- Chaucer's Canterbury Tales