



Breaking The Fall

Albert A Gayle



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Scientific Karate Do Masayuki Kukan Hisataka, 2012-02-07 A truly exhaustive text on the myriad disciplines that make up karate Scientific Karatedo is the ultimate guide to this popular martial art First written in 1976 Scientific Karatedo continues to stand as one of the best books ever written on karate This classic work is a complete guide to all facets of karate training describing not only strikes kicks blocks and stances but also Warm Ups Forms Sparring techniques Multiple combinations Throws Chokes Joint locks Weapons Use Meditation Examples Self defense techniques against weapons Self defense for women No other karate guide covers such a wide range of subjects Illustrated with over 1 900 photographs Scientific Karatedo is an easy to understand guide written with the beginner in mind but contains enough advanced techniques to satisfy veteran practitioners The author also describes the theories ethics etiquette history and spirituality of karate and has added new information on the Koshiki Karatedo competition system and Supersafe protective equipment

Bulletin Trimestriel de la Statistique Agricole Canada. Dominion Bureau of Statistics, 1930

Aiki-Jujutsu Cary Nemeroff, 2013-06-30 Aiki Jujutsu Mixed Martial Art of the Samurai is essential reading for practitioners and instructors of mixed martial arts the traditional Asian martial arts and those who seek to learn more about the techniques philosophy and history of the fighting arts of the Samurai Using easy to follow step by step photography and text 10th Dan Cary Nemeroff demonstrates how to perform the throws hand strikes grappling groundwork manoeuvres blocks break falls kicks and sword disarming techniques of the complete Aiki Jujutsu system including Kempo Jutsu Aiki Jutsu and Ju Jutsu It also provides a concise history of the concepts and systems surrounding Aiki Jujutsu s development such as Budo and Bujutsu enabling the practitioner to gain a more comprehensive understanding of the art

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