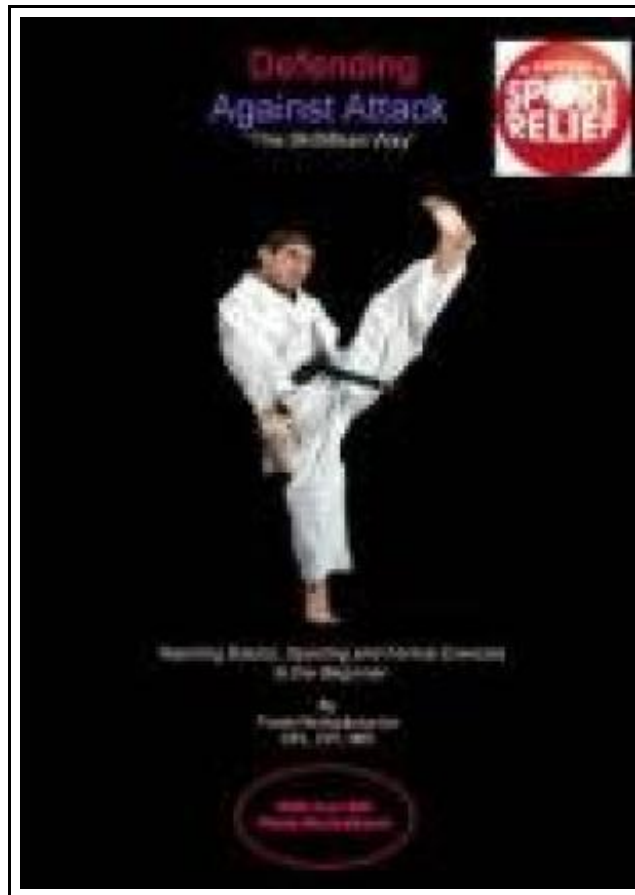


## Defending Against Attack the Shotokan Way: Teaching Basics, Sparring and Formal Exercise to the Beginner



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*It is one of the most popular pdf. It really is full of knowledge and wisdom. It has been developed in an exceptionally easy way and it is just right after I finished reading through this publication by which it really altered me, altered the way in my opinion.*

***(Dr. Alexa Rogahn)***

## DEFENDING AGAINST ATTACK THE SHOTOKAN WAY: TEACHING BASICS, SPARRING AND FORMAL EXERCISE TO THE BEGINNER

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Frank Nezhadpournia. Paperback. Book Condition: new. BRAND NEW, Defending Against Attack the Shotokan Way: Teaching Basics, Sparring and Formal Exercise to the Beginner, Frank Nezhadpournia, This is the latest book in the series teaching students "Basic Shotokan Karate". With a twist, explaining how, with what, and when an attack is likely to occur! Providing a definitive guide to Street Self Defence for the beginner, "The Shotokan Way" with the aid of over 500 photographs, A simple 20 Lesson Plan teaches "Attack Psychology" collated from victims, youth offenders, and military branches, and with the aid of his students Frank teaches: Basics (Kihon) Sparring (Kumite) and Formal Exercise (Kata). Showing a massive variety of punching, kicking and blocking techniques. Heian Kata's and Kumite techniques are explained in full. The book is to be used for the serious martial artist who wants to develop techniques not just for obtaining a Karate Belt! Frank shares a wealth of personal experience and the theme of Self Defence runs throughout the book with applications (Bunkai) to techniques everywhere! "Defending Against Attack" is the product of over 800 workshops completed with organisations that deal with violence on a daily basis, and a personal commitment to provide a comprehensive guide of the modern attacker empowering the reader to reduce their 'Attack Chances'.



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