



Dynamic Karate

Masatoshi Nakayama

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Most books on karate usually do not provide complete, detailed instructions and illustrations-the fundamentals plus the fine points-that readers hope for. This book fills the gaps left by others.

The late Master Masatoshi Nakayama, chief instructor of the Japan Karate Association, left this book as a testament. It reveals his great experience as a karate competitor and teacher, describing and illustrating in detail all the correct movements involved in the particular block, punch, or kick you want to perfect, as well as instructions--on combining blocking techniques with decisive counterattacks. Also included is a glossary of all Japanese karate terms and a guide to their pronunciation.

Because of the lightning speed of karate techniques, normal camera work often fails to record the action accurately. For this reason, many of the photo sequences found in *Dynamic Karate* were taken using a stroboscope with a flash time of 1/10,000 of a second, enabling you to follow each movement as it is actually performed.

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