



The Anatomy Of Motion: Combat Applications of Traditional Karate Kata

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The Anatomy of Motion - Combat Applications of Traditional Karate Kata creates a setting by which every student of karate, whether novice or expert, can unlock the secrets of traditional karate kata. For many years the exact fighting applications have been guesswork. Now with this ground breaking work, the secrets of Oriental karate kata begin to unfold. As Prof. Anderson's books on free-fighting have scientifically explained the art of kumite, this book now does the same for kata. Regardless of what discipline you study, this book is an invaluable aid to study the kata of your discipline.

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