



## Karate-Do: Student Handbook (Paperback)

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By Christopher J Dacey

Createspace Independent Publishing Platform, 2012. Paperback. Condition: New. Student. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.This is the student manual for Coventry Shotokan Karate Club (Rhode Island, USA). It is a good reference for beginner students starting to train in Shotokan Karate. The manual covers kihon, kata, kumite, and self-defense. It also provides students with guidance on conduct inside the dojo, and stresses the importance of spirit in karate-do.



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