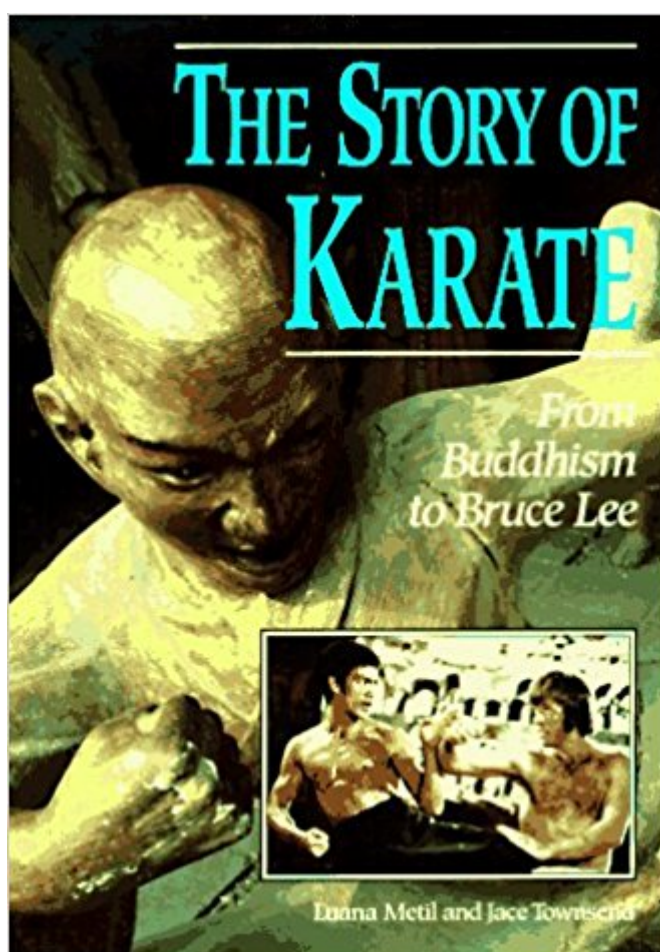


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# The Story Of Karate: From Buddhism To Bruce Lee (Lerner's Sports Legacy Series)



## Synopsis

Glossy hardcover no dust jacket . 1995 112p. 10.25x7.25x0.70. While many defenses are instinctive and particular to the person and situation involved, other defensive styles have been adopted and modified by large groups of people. Karate is one such method.

## Book Information

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## Customer Reviews

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This is a good introduction to martial arts and a primer on Karate; a hand-and-foot fighting method developed in Okinawa from Chinese Kung Fu. The beginning of martial arts, as we know it today, is generally acknowledged to have come to China from India and Tibet 2000 years before Christ was born. Initially, these forms were exercises used by monks to keep their body fit and as protection against bandits. This early form of martial arts practiced and perfected by the monks at the Shaolin monastery is known as Kung Fu. Kung fu soon expanded into a method of self-defense that would protect the monks from bandits when they traveled. Stories soon got out how various monks would soundly defeat multiple opponents and when the Emperor heard the stories, he asked the Shaolin monks to come protect him in his court and help him fight his enemies. Karate is ONE form of martial arts but, in this book the authors fail to clearly express this. No evaluation or comparisons between the different martial art forms are made. This would have been very helpful. Since Karate was

derived out of Kung Fu the authors do a reasonable job covering its history. Other martial art forms: Akido, Jijitsu, Tae Kwon Do, also get a page or two. This is a simple introduction that helps you understand how Karate evolved and how it has found its place in our modern world. It has very good photos and a wonderful section on Bruce Lee and Chuck Norris. If you are a young person wanting to get a better understanding of this martial art form then this would be a good book to begin with. Recommended.

This book will especially appeal to both the younger reader and to any student beginning Karate. It does not over elaborate which is a common failing of many martial arts publications. Instead, a good all-round history from origins to present day are covered in a way which keeps the reader interested. This book is probably not as relevant to the more advanced Karate student, but nevertheless is still entertaining. A great gift for any budding Bruce Lee you might know!

Buddhism & Bruce Lee have nothing to do with Karate. No more need be said on this book. There are a lot of other, good books on the subject of karate available through .com.

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