



# Best Karate, Vol.2: Fundamentals (Best Karate Series)

*Masatoshi Nakayama*

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## **Best Karate, Vol.2: Fundamentals (Best Karate Series)** Masatoshi Nakayama

As well as setting forth the basic rules that must be put into practice when performing kata or applying techniques in kumite, this volume pinpoints the underlying physical and physiological principles of karate: source and concentration of power; stance, form, stability and technique; movement in all directions; basic and comprehensive aspects of training.

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