

## The Shotokan Karate Bible Beginner To Black Belt

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White belt basic techniques: 1) punches (oi-zuki) 2) rising block (age uke) 3) outside block (soto uke) 4) downward block (gedan barai)  
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"The Shotokan Karate Bible" is a useful and valuable volume that will make a good addition to any martial arts library. Karate instructors of whatever tradition should obtain a copy to use as a reference, since many of the kata stances, strikes and blocks are very similar and the applications in the book will broaden out your instruction.

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The Shotokan Karate Bible is intended to be a guide for the karate student, from beginner right through to expert, when you would be tested to receive the coveted black belt. Studying from a book is no substitute for a good teacher, but it can complement training with a qualified instructor.

**The Shotokan Karate Bible 2nd edition: Beginner to Black ...**

Therefore I was quite pleased to find and delve into the classy 222 page paperback "The Shotokan Karate Bible: Beginner to Black Belt 2nd Edition" by Ashley P. Martin, Chief Instructor and Grading Examiner at Just Karate of Cambridge, UK. The material is visually pleasing, glossy, colorful, and instructive.

**The Shotokan Karate Bible 2nd edition: Beginner to Black ...**

The Paperback of the The Shotokan Karate Bible 2nd edition: Beginner to Black Belt by Ashley P. Martin at Barnes & Noble. FREE Shipping on \$35 or more!

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