



KARATE-DO: Traditional Training for all Styles, 2Ed.

Kevin Seiler

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Karate-do evolved as a martial art in Okinawa, where it was nurtured by centuries of Okinawan culture and innovation. What inspired the ancient masters to develop these martial techniques and practices was the human instinct for self-preservation, not a desire for entertainment or sporting competition. Traditional Karate-do should be practiced with this in mind. Here you will find a complete personal training handbook to supplement training in any Karate-do system or other martial art style. This 2nd Edition is fully revised and greatly expanded. Features include martial philosophy, theory and practice; optimizing nutrition; physical training; and strategic studies. Bruce Lee advised all martial artists to "Absorb what is useful" and every martial artist will find something of value here. The authors sincerely hope this book will inspire you to train even more diligently, and that the experiences and research shared here will be useful on your lifelong journey as a martial artist.

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