

The Ultimate Karate Collection

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Karate is probably the most effective method of unarmed defence and counter attack ever devised by man. The practitioner depends solely on the deadly efficacy of their trained and toughened bare hands, elbows, knees and feet. The benefits to be gained by Karate go far beyond the purely physical. The experienced practitioner of the martial art attains a high degree of physical and mental awareness. Karate helps with the development of a strong character and builds a feeling of respect toward our fellow man. The study of Karate, therefore, is valuable to all people, male and female, young and old alike. Is The Ultimate Karate Collection suitable for you? This collection includes: -the ultimate Karate bible - The Bruce Lee TRAINING SECRET by Grandmaster William Cheung - The Military Hand To Hand Combat Guide A short description of "The Ultimate Karate Bible" This huge 191 page manuscript packed with 196 easy to follow illustrations will show you all you need to know about humiliating your enemies and being afraid no longer. You'll be surprised just how easy it is to defend yourself against any potential threat or attack. As a physical art, Karate is almost without equal. Since it is highly dynamic and makes balanced use of a large number of body muscles, it provides excellent all-round exercise and develops co-ordination and agility. Here's just a small sample of what you will discover inside..... How to adopt the correct stance to protect yourself Chapter 2 : Over 50 offensive thrusts of attack 17 blocking techniques to defend against an attack The exact pressure targets to aim for on your attacker. These may surprise you! Chapter 8 : A whole chapter dedicated especially for women How to use Karate breathing exercises to train your body to operate at peak performance, even in a moment of extreme danger The secret to moving from one attack directly into another Page 25 : How to use The Choker to make any attacker think twice Which one technique can be used to defend and attack in the same movement Chapter 14 : Which nerve focal centers to aim for on your opponent. Quickly expose their weak spots and then laugh in their face! How to defend against street attacks How to use your attackers size and weight against them Discover how even a 200lb brute can easily be overpowered How to defend against a knife attack Chapter 12 : Diet - Foods that can dramatically improve your performance and which foods you must avoid at all cost How to develop the prolonged Yoga breath What to do if you are attacked from behind

How to generate 300 more power on a punch How to combine multiple blows in less than a second Avoid the one mistake that will instantly make you weak The exact moment when you should strike and just as important, the moment you should hang back and defend yourself And lots, lots more..... The Author - Moja Rone Moja Rone has done a superb job of simplifying the Karate terminology. There are no complicated Japanese terms in this book, just plain, simple to understand English terms. He really has lifted the lid on what has been before now, a rather secret and mysterious art. So you don't have to know the difference between a Makiwara and a hachichi-dachi. You'll know exactly what to do and more importantly, when to do it! Within just a couple of minutes you could be learning how to defend yourself from the unexpected. Why wait? It may be too late. Order now! Tags: mrr

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