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## The Art of Hojo Undo: Power Training for Traditional Karate

By Michael Clarke

YMAA Publication Center. Paperback. Book Condition: new. BRAND NEW, The Art of Hojo Undo: Power Training for Traditional Karate, Michael Clarke, Hojo undo means 'supplemental training equipment' for traditional martial artists. This book comprehensively details how to construct and use the most popular martial arts training tools of Okinawa. The value of hojo undo is that the strength building exercises are linked to the motion of the fighting techniques of karate; this is the kind of information many practitioners need to have in order to make sense of where karate's devastating power comes from. This book details how to construct and use many training tools, provides accurate mechanical drawings, comprehensive training methods, and an historical context to understand why Hojo Undo was created in 'old' Okinawa.

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Hojo undo training is not suitable for children under the age of sixteen or adults who are unable to undergo regular martial arts training. If any doubts exist, consult a doctor before repeating the exercises found in this book. CONTENTS. Traditional karate however is completely different. The secret to traditional karate lies in daily training with the makiwara, chiishi, nigiri gami, kongoken, ishisashi, kigu training, and other hojo undo. All of this combines to train every part of your mind and body and helps foster a bujutsu spirit. Regular daily training is the true essence of traditional karate. In this book, Mike Clarke has captured the secret of traditional karate power. As an Okinawan it makes me proud that Mike has taken the time to introduce to the world the essence of traditional karate. found in .. Shukokai Karate Union 27. The Art of Hojo Undo: Power Training in Traditional Karate-Do: Okinawa Goju Ryu, Vol. 1: The Fundamental Techniques. 173 Pages 2016 43.04 MB 3,460 Downloads New! Undo (warm up), completely goes over all topics such as stances, traditional exercise routine 100 Deadliest Karate Moves - Tes Gambordella - Survival Training Info. 64 Pages 2007 2.34 MB 7,165 Downloads. martial arts background so that he knows the basic stances and strikes. Therefore , I am showing The Art of Mental Training: A Guide to Performance Excellence. 109 Pages 2013 491 KB 27 Traditional Karate focuses on building a complete Karate warrior. It combines mind, body, and soul. For those who are dedicated to the art of Karate, this book is a must for your library. I highly recommend this outstanding manual." - - Norman Leff, Menkyo Kaiden Shihan, Over 50 years of experience. I can't think of a single person anywhere in the world better suited to introduce this subject, and I highly recommend The Art of Hojo Undo: Power Training for Traditional Karate to teachers and students alike. - - Patrick McCarthy, Hanshi 8th dan. A serious writer . . . of great value to anyone who wishes to understand traditional karate-do. - - John Cheetham, Editor of Shotokan Karate Magazine. About the Author. Hojo Undo means 'supplementary training', and using these tools is the key for developing the devastating power of karate techniques. Without Hojo Undo, a practitioner cannot reach the profound strength levels required for a lifetime of karate training. This book details how to construct and use many training tools; provides accurate mechanical drawings, comprehensive training methods, and an historical context to understand why Hojo Undo was created in 'old' Okinawa. Warm up exercises. Detailed construction drawings. Build your own Hojo Undo tools! Learn how to use the too Michael Clarke The Art Of Hojo Undo Power Training For Traditional Karate 2009. Addeddate. 2019-05-07 01:15:47.