



The Secrets of Shotokan Karate

Robin L. Rielly

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Generously illustrated with over 700 clear photographs, Secrets of Shotokan Karate offers an in-depth look at the world's most popular martial art, with strategies, techniques, and drills to instruct new students and help current practitioners excel. It is a comprehensive guide to the fundamentals and theory of Shotokan Karate, interwoven with relevant philosophy and historical context. Secrets of Shotokan Karate provides the reader with expert instruction and a greater understanding and appreciation of the art.

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