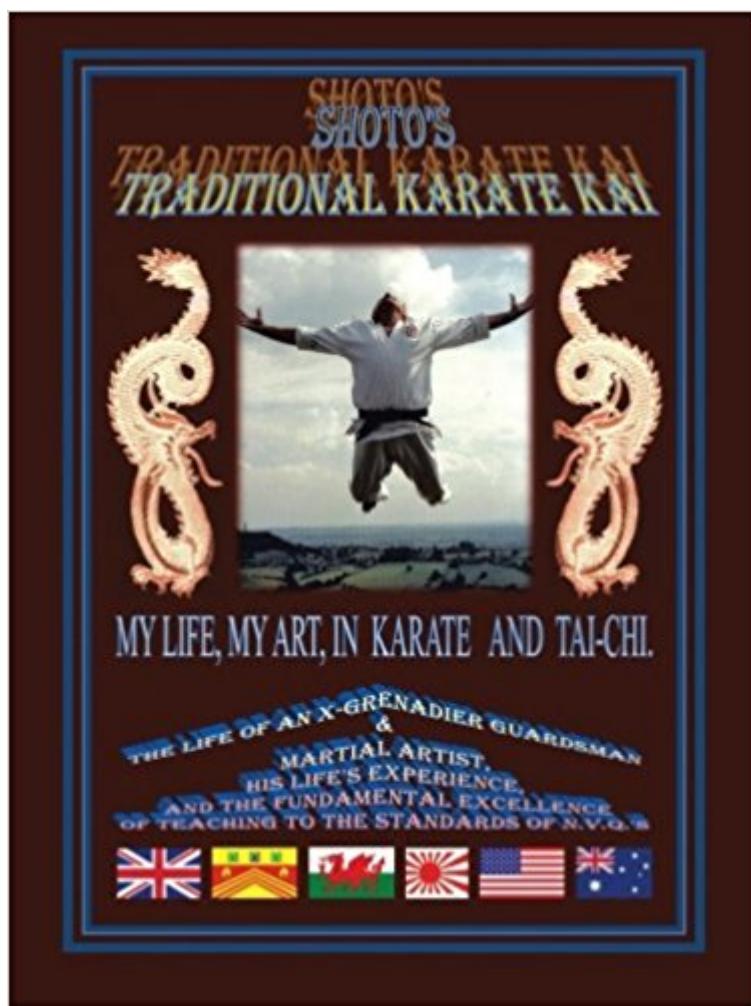


The book was found

Shoto's Traditional Karate Kai: My Life, My Art, In Karate And Tai-Chi



Synopsis

THE SHOTO'S TRADITIONAL KARATE KAI In this book I wanted to pass on my experience and Standards of excellence, which I have carried over from my years of service I spent in the Grenadier Guards, and of the teaching standards of N.V.Q's in Combat sports with the Martial Art. Of communication and the teaching abilities, on how to get the best possible standard of technique, and practices of your students. To pass on the research of diet and of my own standard of fitness and advice on the ability that I have achieved throughout my life.

Book Information

Paperback: 204 pages

Publisher: AuthorHouseUK (December 13, 2012)

Language: English

ISBN-10: 1477247254

ISBN-13: 978-1477247259

Product Dimensions: 8.2 x 0.5 x 11 inches

Shipping Weight: 1.3 pounds (View shipping rates and policies)

Average Customer Review: Be the first to review this item

Best Sellers Rank: #8,654,737 in Books (See Top 100 in Books) #51 in Books > Teens > Sports & Outdoors > Martial Arts #651 in Books > Biographies & Memoirs > Sports & Outdoors > Boxing, Wrestling & MMA > Martial Arts #214495 in Books > Sports & Outdoors

[Download to continue reading...](#)

Shoto's Traditional Karate Kai: My Life, My Art, In Karate And Tai-Chi Tai Chi: Tai Chi for Beginners - Your Guide to Achieving Inner Peace, Mental, and Physical Balance (TAI CHI for BEGINNERS): Tai Chi (Martial Arts, Alternative ... Living, Baha'i, Religion and Spirituality) Tai Chi: The Ultimate Guide to Mastering Tai Chi for Beginners in 60 Minutes or Less! (Tai Chi - Tai Chi for Beginners - Martial Arts - Fighting Styles - How to Fight - Chakras - Reiki) Therapeutic Tai Chi: My Journey with Multiple Sclerosis My Path with Tai Chi E Tai Chi (The Complete Book): The World's Simplest Tai Chi Tai Chi Qigong: The Internal Foundation of Tai Chi Chuan Stickman Yang Style Tai Chi - 24 Movement Form: Really Simplified Tai Chi Tai Chi: The Ultimate Guide to Mastering Tai Chi for Beginners in 60 Minutes or Less! Tai Chi Demystified: 6 Must Have Concepts to make Tai Chi Internal YO-KAI WATCH: Create-a-kai Sticker Book YO-KAI WATCH: How to Draw Yo-kai! Foton Aircraft Photo Stories 028 F-4EJ kai RF-4E/EJ kai Phantom II (Japanese Edition) Beijing Tai Tai: Life, laughter and motherhood in China's capital Long Life, Good Health Through Tai-Chi Chuan

Kenpo For Beginners: How To Master The Moves & Mindset Of Kenpo Karate (Kenpo, Jeet Kune Do, MMA, Kempo Karate) Taoist Breathing for Tai Chi and Meditation: Twenty-Four Exercises to Reduce Stress, Build Mental Stamina, and Improve Your Health Your Water Workout: No-Impact Aerobic and Strength Training From Yoga, Pilates, Tai Chi, and More 5-Minute Chi Boost - Pressure Points for Reviving Life Energy, Avoiding Pain and Healing Fast (Chi Powers for Modern Age Book 1) The Healing Promise of Qi: Creating Extraordinary Wellness Through Qigong and Tai Chi The Harvard Medical School Guide to Tai Chi: 12 Weeks to a Healthy Body, Strong Heart, and Sharp Mind (Harvard Health Publications)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)