



Shotokan Karate: Practical Combat Karate For The Street

By Joseph Truncale

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Shotokan Karate is one of the most effective forms of selfdefense but it is this area that is most ignored in traditional Shotokan dojos. This modest manual is different from most Shotokan Karate texts because it focuses on the selfdefense application of karate. Traditional Shotokan karate concentrates on three primary areas. They are basics or Kihon, Kata or forms, and sparring or kumite. The sparring may consist of five times sparring, three times sparring, one time sparring, semifree sparring and free sparring. Selfdefense training is seldom practiced and this manual hopes to fill that gap for students of Shotokan and other traditional styles of Karate. This manual covers the basic principles of selfdefense, use of force factors in selfdefense, simple and effective selfdefense techniques to counter arm grabs, body grabs, choke attacks, punching and kicking attack counters, club attacks, knife attacks, gun attacks, ground attacks and multiple attacker selfdefense techniques.

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