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Un veloce e piacevole testo pensato per gli istruttori di Karate di qualsiasi stile; si parla delle origini storiche di tutte le arti marziali e poi di quelle specifiche del Karate, delle sue basi filosofiche nelle grandi religioni dell'Estremo Oriente, dei suoi concetti chiave e dei suoi valori etici e morali. Poi si descrive il sistema disciplinare comune a tutte le scuole, il sistema di gradi, il sistema di lezioni e i consigli per la buona gestione del Dojo. Un libro di arti marziali diverso dal solito, più schietto e verace dei soliti testi ingessati a cui siamo abituati, e con uno sguardo originale sulla cultura che ha dato origine al Karate.

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