Practical Karate: Fundamentals of Self Defense is the first volume in the classic six volume series by Masatoshi Nakayama and Donn Draeger. Written for those too busy to devote hours a day to Karate training, it is a serious introduction to the basic elements of self defense. Excerpts from Practical Karate: “The secrets of self defense can be summed up in the proverb: ‘a wise man avoids danger and to run away is the best way to win.’ Yet, sometimes you are not able to choose these courses. I select here several techniques which you will be able to master with comparative ease. The Folkscanomy collection attempts to add a layer of classification for easier navigation. Defense Against an Unarmed Assailant. Practical Karate 2. Defense Against an Unarmed Assailant. M. Nakayama. Donn F. Draeger. All methods described in this book are workable karate self-defense responses based on facing an unarmed assailant. The subjects of self-defense against an armed assailant or multiple assailants are not treated, since they are highly specialized and beyond the scope of this book. These topics will be covered in Book three and four. Likewise, self-defense for females is not included due to the limitations of their physical abilities and restrictions of dress. This subject will be covered in Book five of this series. Defense Against an Unarmed Assailant. By: Donn F. Draeger; Masatoshi Nakayama. Publisher: Tuttle Publishing. More than 15 million users have used our Bookshelf platform over the past year to improve their learning experience and outcomes. With anytime, anywhere access and built-in tools like highlighters, flashcards, and study groups, it’s easy to see why so many students are going digital with Bookshelf. Over a million titles available from more than 1,000 publishers. Over 30,000 customer reviews with an average rating of 9.5. Over 3 billion digital pages viewed over the past 12 months. Over 7,000 institutions using Bookshelf across 241 countries. Unarmed Assailant Practical Karate. Series Band 2 By Donn F. Draeger. Masatoshi Nakayama. Nakayama practical karate 2 defense against unarmed assailant.pdf. clipped from Google - 10/2020. Practical Karate: Fundamentals of Self-Defense is the first volume in the classic six-volume series by Masatoshi Nakayama and Donn Draeger. Written for those www.infoelbasani.al.