The Art of Hojo Undo: Power Training for Traditional Karate

By Michael Clarke

YMAA Publication Center. Paperback. Book Condition: new. BRAND NEW, The Art of Hojo Undo: Power Training for Traditional Karate, Michael Clarke, Hojo undo means 'supplemental training equipment' for traditional martial artists. This book comprehensively details how to construct and use the most popular martial arts training tools of Okinawa. The value of hojo undo is that the strength building exercises are linked to the motion of the fighting techniques of karate; this is the kind of information many practitioners need to have in order to make sense of where karate's devastating power comes from. This book details how to construct and use many training tools, provides accurate mechanical drawings, comprehensive training methods, and an historical context to understand why Hojo Undo was created in 'old' Okinawa.

Reviews

Completely essential read publication. I am quite late in start reading this one, but better then never. You wont truly feel monotony at at any moment of your time (that's what catalogs are for regarding should you question me).
-- Nels Runte IV

Very useful to all group of folks. This really is for all who statte there was not a worthy of reading. I am very happy to explain how this is the best pdf i have study inside my personal life and can be he greatest book for actually.
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Hojo Undo means 'supplementary training', and using these tools is the key for developing the devastating power of karate techniques. Without Hojo Undo, a practitioner cannot reach the profound strength levels required for a lifetime of karate training. This book details how to construct and use many training tools; provides ADDING POWER TO THE FIGHTING TECHNIQUES OF KARATE. Hojo Undo means 'supplementary training', and using these tools is the key for developing the devastating power of karate techniques. Without Hojo Undo, a practitioner cannot reach the profound strength Hojo undo training is not suitable for children under the age of sixteen or adults who are unable to undergo regular martial arts training. If any doubts exist, consult a doctor before repeating the exercises found in this book. CONTENTS. Traditional karate however is completely different. The secret to traditional karate lies in daily training with the makiwara, chiishi, nigiri gami, kongoken, ishisashi, kigu training, and other hojo undo. All of this combines to train every part of your mind and body and helps foster a bujutsu spirit. Regular daily training is the true essence of traditional karate. In this book, Mike Clarke has captured the secret of traditional karate power. As an Okinawan it makes me proud that Mike has taken the time to introduce to the world the essence of traditional karate.