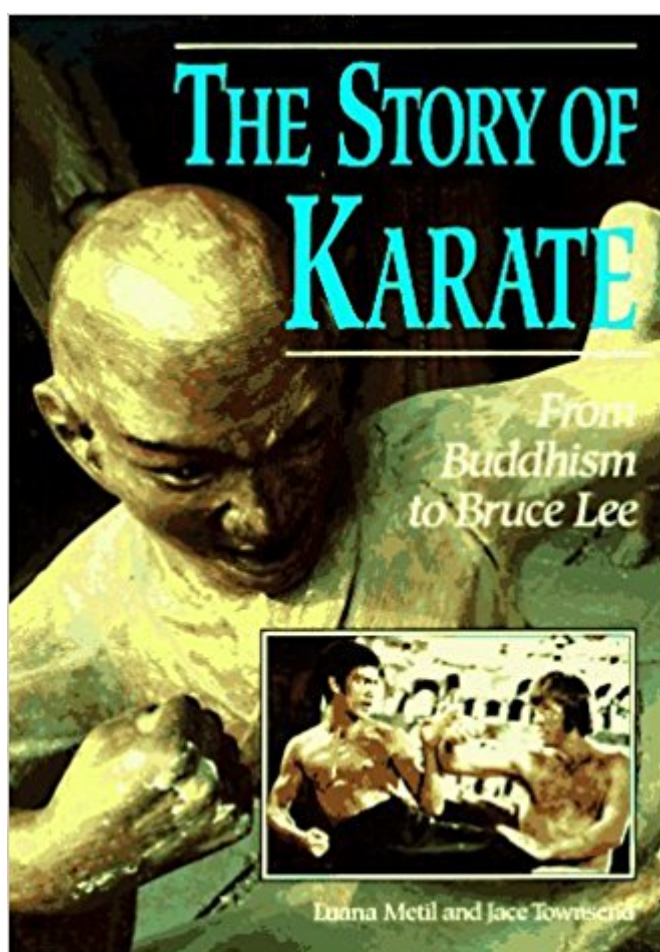


The book was found

The Story Of Karate: From Buddhism To Bruce Lee (Lerner's Sports Legacy Series)



Synopsis

Glossy hardcover no dust jacket . 1995 112p. 10.25x7.25x0.70. While many defenses are instinctive and particular to the person and situation involved, other defensive styles have been adopted and modified by large groups of people. Karate is one such method.

Book Information

Series: Lerner's Sports Legacy Series

Library Binding: 112 pages

Publisher: Lerner Pub Group (L) (March 1995)

Language: English

ISBN-10: 0822533251

ISBN-13: 978-0822533252

Product Dimensions: 0.5 x 7 x 10.2 inches

Shipping Weight: 14.4 ounces

Average Customer Review: 3.0 out of 5 stars 3 customer reviews

Best Sellers Rank: #3,882,957 in Books (See Top 100 in Books) #20 in [Books > Teens >](#)

[Sports & Outdoors > Martial Arts](#) #4677 in [Books > Teens > Education & Reference > History](#)

Customer Reviews

Glossy hardcover no dust jacket . 1995 112p. 10.25x7.25x0.70. While many defenses are instinctive and particular to the person and situation involved, other defensive styles have been adopted and modified by large groups of people. Karate is one such method.

This is a good introduction to martial arts and a primer on Karate; a hand-and-foot fighting method developed in Okinawa from Chinese Kung Fu. The beginning of martial arts, as we know it today, is generally acknowledged to have come to China from India and Tibet 2000 years before Christ was born. Initially, these forms were exercises used by monks to keep their body fit and as protection against bandits. This early form of martial arts practiced and perfected by the monks at the Shaolin monastery is known as Kung Fu. Kung fu soon expanded into a method of self-defense that would protect the monks from bandits when they traveled. Stories soon got out how various monks would soundly defeat multiple opponents and when the Emperor heard the stories, he asked the Shaolin monks to come protect him in his court and help him fight his enemies. Karate is ONE form of martial arts but, in this book the authors fail to clearly express this. No evaluation or comparisons between the different martial art forms are made. This would have been very helpful. Since Karate was

derived out of Kung Fu the authors do a reasonable job covering its history. Other martial art forms: Akido, Jijitsu, Tae Kwon Do, also get a page or two. This is a simple introduction that helps you understand how Karate evolved and how it has found its place in our modern world. It has very good photos and a wonderful section on Bruce Lee and Chuck Norris. If you are a young person wanting to get a better understanding of this martial art form then this would be a good book to begin with. Recommended.

This book will especially appeal to both the younger reader and to any student beginning Karate. It does not over elaborate which is a common failing of many martial arts publications. Instead, a good all-round history from origins to present day are covered in a way which keeps the reader interested. This book is probably not as relevant to the more advanced Karate student, but nevertheless is still entertaining. A great gift for any budding Bruce Lee you might know!

Buddhism & Bruce Lee have nothing to do with Karate. No more need be said on this book. There are a lot of other, good books on the subject of karate available through .com.

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

The Story of Karate: From Buddhism to Bruce Lee (Lerner's Sports Legacy Series) Bruce Lee: Letters of the Dragon: An Anthology of Bruce Lee's Correspondence with Family, Friends, and Fans 1958-1973 (The Bruce Lee Library) Bruce Lee Striking Thoughts: Bruce Lee's Wisdom for Daily Living (Bruce Lee Library) Bruce Lee Jeet Kune Do: Bruce Lee's Commentaries on the Martial Way (Bruce Lee Library) Buddhism: Beginner's Guide to Understanding The Essence of True Enlightenment (Buddhism, Buddhism Beginners, Buddhist Books, Buddhism Books, Zen Buddhism Book 1) Bruce Lee: The Celebrated Life of the Golden Dragon (Bruce Lee Library) Bruce Lee Letters of the Dragon: The Original 1958-1973 Correspondence (The Bruce Lee Library) Bruce Lee: Artist of Life (Bruce Lee Library) Jeet Kune Do: Bruce Lee's Commentaries on the Martial Way (Bruce Lee Library) Buddhism: Beginner's Guide to Understanding & Practicing Buddhism to Become Stress and Anxiety Free (Buddhism For Beginners, Buddha, Zen Buddhism, Meditation for Beginners) Buddhism: Beginner's Guide to Understanding & Practicing Buddhism to Become Stress and Anxiety Free (Buddhism, Mindfulness, Meditation, Buddhism For Beginners) LEE CHILD: SERIES READING ORDER: MY READING CHECKLIST: JACK REACHER SERIES, JACK REACHER SHORT STORIES, HAROLD MIDDLETON SERIES, SHORT STORY COLLECTIONS BY LEE CHILD, LEE CHILD ANTHOLOGIES A History of Basketball for Girls and Women (Lerner's Sports Legacy Series) Kenpo For Beginners: How To Master The Moves &

Mindset Of Kenpo Karate (Kenpo, Jeet Kune Do, MMA, Kempo Karate) Shoto's Traditional Karate Kai: My Life, My Art, In Karate And Tai-Chi Zen Buddhism: How Zen Buddhism Can Create A Life of Peace, Happiness and Inspiration (Zen Buddhism for Beginners, Zen, Zen Books) Buddhism: Buddhism for Beginners: The Complete Introduction to Buddhism: Meditation Techniques, Acceptance, & Spiritual Practice (Buddhist, Meditation, ... Zen, Inner Peace, Dalai Lama Book 1) BUDDHISM: 50 Buddhist Teachings For Happiness, Spiritual Healing, And Enlightenment (Buddhism For Beginners, New Age Meditation, Dalai Lama, Zen Buddhism, Spiritual Guide, Stress Free, Dharma) BUDDHISM: Buddhism For Beginners: How To Go From Beginner To Monk And Master Your Mind (Buddhism For Beginners, Zen Meditation, Mindfulness, Chakras) Burn for Me: A Hidden Legacy Novel (Hidden Legacy series, Book 1) (Hidden Legacy Novels)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)