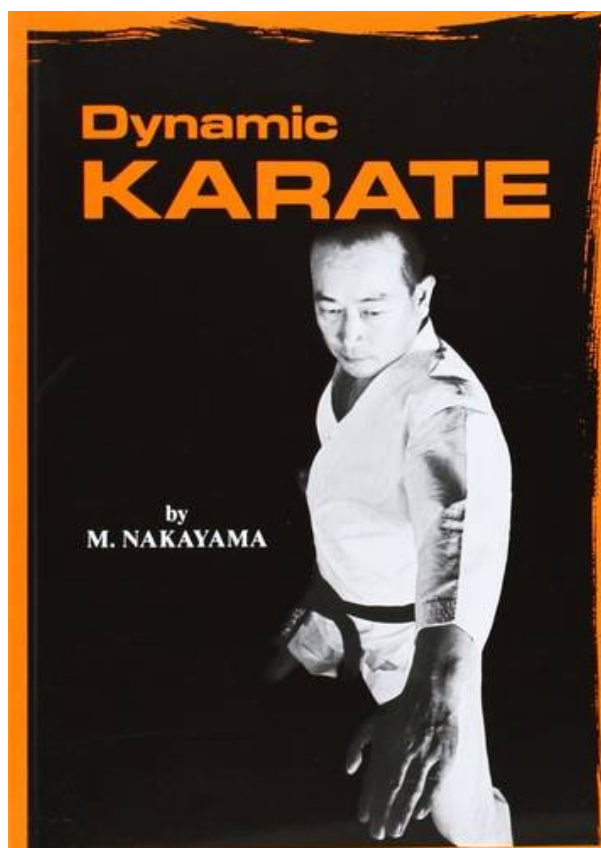
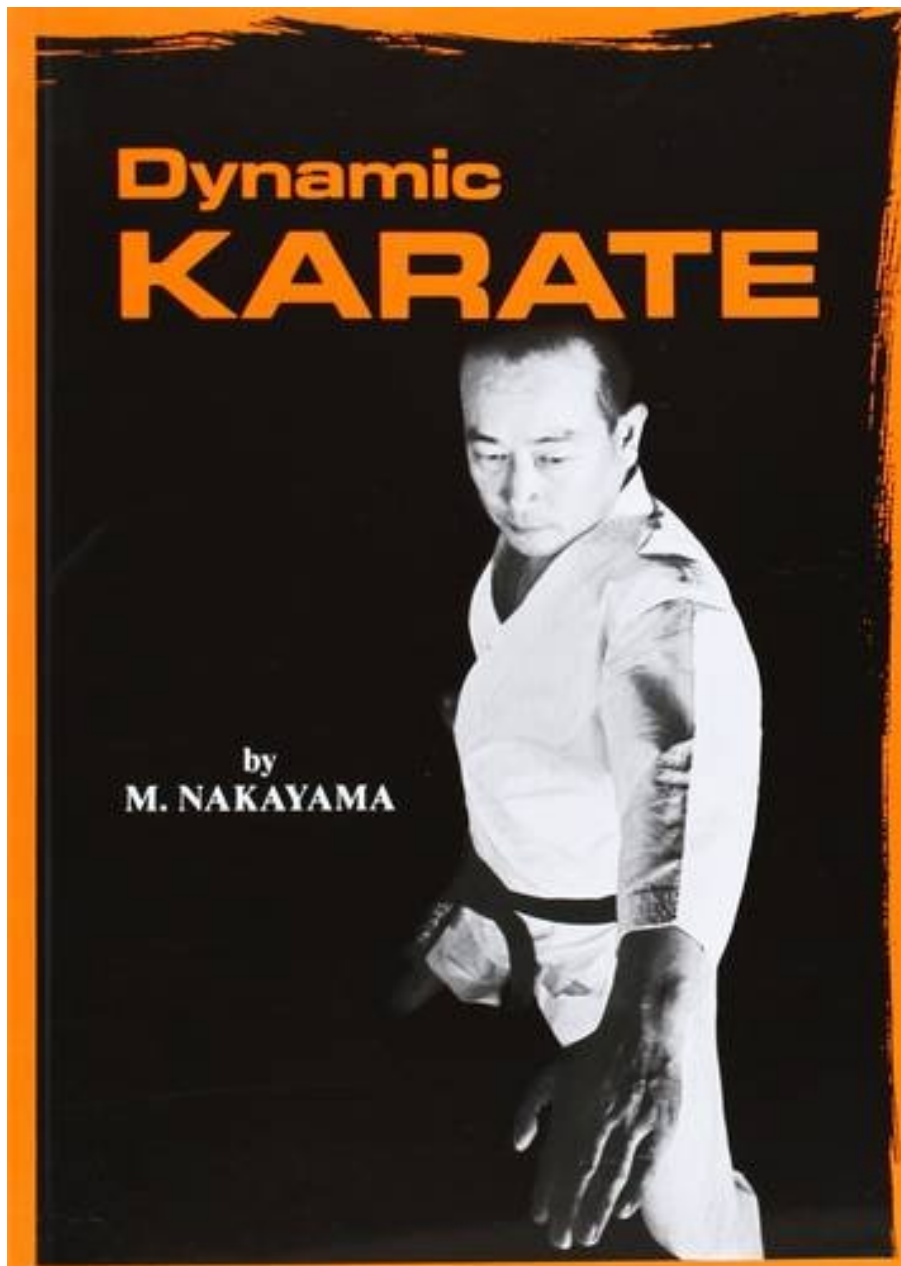


# DYNAMIC KARATE BY MASATOSHI NAKAYAMA



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## Review

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"Detailed ... the fundamentals plus the fine points." -- Journal of Physical Education

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[slightly abridged and minus the original macrons]

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Systematic and scientific training is also essential. Faulty training methods can result in acquiring bad habits or even in physical injury. However, the techniques which took years to perfect in the past can be mastered in half the time with a good training manual. Hard training is necessary to obtain proficiency, but thoughtless, unsystematic training will do more harm than good.

My experience in teaching students from Western countries after the war has also provided me with many valuable hints, such as the habit of seeking answers to questions from the fields of physiology and body kinetics. In this book I have tried to explain the execution of techniques based on these principles.

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Most books on karate usually do not provide complete, detailed instructions and illustrations--the fundamentals plus the fine points--that readers hope for. This book fills the gaps left by others.

The late Master Masatoshi Nakayama, chief instructor of the Japan Karate Association, left this book as a testament. It reveals his great experience as a karate competitor and teacher, describing and illustrating in detail all the correct movements involved in the particular block, punch, or kick you want to perfect, as well as instructions--on combining blocking techniques with decisive counterattacks. Also included is a glossary of all Japanese karate terms and a guide to their pronunciation.

Because of the lightning speed of karate techniques, normal camera work often fails to record the action accurately. For this reason, many of the photo sequences found in Dynamic Karate were taken using a stroboscope with a flash time of 1/10,000 of a second, enabling you to follow each movement as it is actually performed.

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23 of 23 people found the following review helpful.

A must Have !

By Stephan Eberhard

This book includes detailed description of almost every Shotokan Hand and Foot techniques. The techniques are executed by Nakayama Sensei himself and by such great assistant as Kanazawa Sensei, Enoeda Sensei, Ochi Sensei ... So to be short, the very best JKA Karate specialists demonstrate all the techniques of Shotokan Karate-Do with great detail and explanations. One point : there's NO katas in this book, but what the helle, there are a lot of other books dealing with them specifically (have a look at the Best Karate Series also by Nakayama Sensei). Get this book and you won't regret it, for the beginner, the advanced student and also the instructor.

18 of 18 people found the following review helpful.

A Great Training Resource For Any/All Karate Students

By A Customer

This is an excellent reference material for anyone who studies karate.

It covers kicking, punching, striking, blocking, countering moves, and even some training methods. Every page is full of pictures which show the technique "frame by frame." Each technique is fully documented and tips and training methods are provided.

As always, this book is not a "Learn Karate in Ten Easy Steps," nor does it contain unrealistic self-defense techniques (i.e. "What to do if you're attacked in a bathroom from behind by a female wearing a dress while the moon is full.") It is simply an extremely in-depth yet easy to understand guide to the basic moves of karate.

The book is flexible, in that it does not pertain to one style of karate in particular, and is helpful to a student of any rank. I don't study Shotokan, and some of the names were different than the ones I use (Japanese names are given also), but I could easily identify the moves by the pictures.

Although we call them "basics", basics often require the most practice and proper technique. I highly recommend this book to any martial artist who wants to master the fundamentals of karate.

12 of 12 people found the following review helpful.

Good for almost anyone

By Catfish

This book is an odd one. It doesn't have much on the spiritual aspects of karate, which some readers find unhealthy. It doesn't have any kata, although some practice steps are shown in the back in a way that suggests kata. Some readers find this lack of kata to be a minus. Other reviewers find the book, well, boring. I have books on my shelf by Hee Il Cho, Bruce Lee, Joe Lewis, etc and they are certainly more photogenic than the author of Dynamic Karate. However...I keep coming back again and again to this book because it is a gold mine of traditional karate. Just about every technique, move, stance, etc you can imagine is somewhere in this book. It has the air of authority because of the author and who trained him. In these pages live and breathe, if you stare at the pictures long enough, the Real Thing. The Real Thing is the karate that was distilled for generations into what Funakoshi taught. I find myself studying the pictures because I know that the techniques portrayed cannot be done any better than by Nakayama. The real central core of Japanese karate is in these pictures and in these pages. I believe that this book is better for people that have studied for awhile rather than for the novice. There are better books for novices than this tome. However, if you want to really see a master, and see what that master believed was THE way to do almost any of your favorite techniques, then get this book.

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