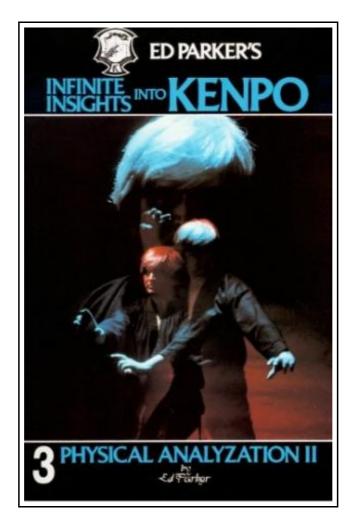
Ed Parker s Infinite Insights Into Kenpo: Physical Anaylyzation II (Paperback)



Filesize: 6.79 MB

Reviews

Definitely among the best book I have possibly read. I have study and I am sure that I will going to go through once more once more later on. Your lifestyle span is going to be convert when you full looking at this publication.

(Prof. Damon Kautzer III)

ED PARKER S INFINITE INSIGHTS INTO KENPO: PHYSICAL ANAYLYZATION II (PAPERBACK)



Createspace, United States, 2009. Paperback. Book Condition: New. 213 x 140 mm. Language: English . Brand New Book ***** Print on Demand *****.Sr. Grandmaster of American Kenpo Karate gives readers an opportunity to study, ponder and digest the two marvelous, insightful investigations into Kenpo, Mr. Parker s third volume was published two years later in July 1985. With the same direction and thrust as Volume II, he continued in Physical Analyzation Part II to categorize, classify and expound on the basic subdivisions of blocks, strikes and specialized moves and methods. Blocks, primarily defensive moves, are defined typed of blocks are exhaustively expanded upon, such as-striking, parrying, positioned, pinning and specialized blocks taught in Kenpo. In an excellent photographic series overlaid with directional diagrams, to show the moves step by step. Specialized blocks, such as, catching, trapping, jamming, lockout, ricocheting and sliding checks are put into perspective photographically through simple, selected self-defense sequences. A myriad of masterful methods of executing a multitude of strikes is set forth completely for the first time in this volume. Strikes are sequentially, logically and practically, charted out, demonstrated and arguably addressed better than any other Martial Arts text. Using comparative analysis expanding on the bounds of existing experience, Mr. Parker elaborates masterfully on the merits of major and minor moves. Mr. Parker reminds his students that a knowledge of how and what is not complete without an understanding of why. He teaches the tools of the Kenpo artist, along with an understanding of appropriate principles and applications. Leaving a formula for future combat success on the street, he stresses a need for the consistent use of correct principle.

- Read Ed Parker's Infinite Insights Into Kenpo: Physical Anaylyzation II (Paperback)
 Online
- Download PDF Ed Parker's Infinite Insights Into Kenpo: Physical Anaylyzation II (Paperback)

See Also



Coralie (Paperback)

1st World Library, United States, 2005. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book ***** Print on Demand *****.Purchase one of 1st World Library s Classic Books and help...

Save eBook »



The Range Dwellers (Paperback)

1st World Library, United States, 2005. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book ***** Print on Demand *****. Purchase one of 1st World Library s Classic Books and help...

Save eBook »



Finally Free (Paperback)

Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book ***** Print on Demand ******.Its been four years since Malakais death, and Kinara couldnt...

Save eBook »



The Poor Man and His Princess (Paperback)

Mark Martinez, United States, 2015. Paperback. Book Condition: New. 216 x 140 mm. Language: English. Brand New Book ***** Print on Demand *****. The Poor Man and His Princess is a children's short story...

Save eBook »



The Stories Mother Nature Told Her Children (Paperback)

1st World Library, United States, 2005. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book ***** Print on Demand *****.Purchase one of 1st World Library s Classic Books and help...

Save eBook »