



Mas Oyamas's Complete Karate Course

By Mas Oyama

Goodwill Publishing House, New Delhi, India. Softcover. Book Condition: New. Karate is currently enjoying wide popularity the world over. We encounter it frequently in books, films, and on television. There are few people who have not seen a demonstration of brick or wood breaking or a single bare-handed man defeat a host of armed opponents. But karate is much more than this. It was developed over a thousand years ago, not only as a form of unarmed combat, but as a way to discipline the body in order to improve the spirit. In this way, a unity of body and spirit could be achieved. If this sounds too abstract, perhaps we can use terms that are easier to deal with. Besides conditioning the body and improving speed, strength, and co-ordination, karate increases one's alertness and self-awareness. It also teaches confidence not cockiness or brashness-but a deep confidence in one's abilities to deal with the world around him. And with confidence comes calmness and a sense of inner peace. This is the true karate, the karate that one can practice years after he can no longer break bricks. But everything must have a beginning and great things cannot be accomplished in a handful of...



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