



Shoto-Kan Karate: The Ultimate in Self-Defense

Peter Ventresca

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This martial arts guide is an introduction to *Shoto-Kan* Karate, a unique Japanese style of karate.

Shoto-Kan Karate is the popular ancient art of 'empty-hand' self-defense. This karate book explains and illustrates two of the major kata, or forms, in which all karate techniques are contained.

The first few chapters are devoted to warm up exercises, stances, and blocking and kicking techniques that prepare the student for the study and practice of the two kata — *Bassai* No. 1 and *Tekki* No. 1. The presentation of the two kata is ideal for the home practitioner: the sequence of the movements appears on one page and their application against an opponent is shown on the facing page. Thus, the student can see at a glance the proper execution and application of each technique.

Shoto-Kan Karate is designed to lead the student up to the rank of black belt.

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