



# Practical Karate Volume 5: Self-Defense for Women: For Women Bk.5

*Donn F. Draeger, Masatoshi Nakayama*

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“The authors do not purport to turn out a legion of female karate experts. They have selected responses for the average woman and...are generous with advice and warning. They have worked out terse descriptions of the action in each instance so that it can be rapidly grasped.” — **Mainichi Shimbun newspaper**

*Practical Karate: Self-Defense for Women* is the fifth volume in the classic six-volume series by Masatoshi Nakayama and Donn Draeger

Written primarily for women, the karate techniques in this volume are equally useful for men and children — anyone in a situation where the assailant possess a physical advantage. Included in this volume are chapters dealing with simple hand and wrist seizures, partial body seizures, and full embrace seizures.

Although the methods set out in this martial arts manual do not require an extensive background in karate training, the authors recommend that the reader consult other volumes of the *Practical Karate* series, as well.



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