



The Art of Hojo Undo: Power Training for Traditional Karate

Michael Clarke

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Silver Winner – 2010 IP'S Living Now Award

1st Runner Up – 2010 Eric Hoffer Award

Endorsement - 2010 IP's Highlighted Title Award

Finalist – 2010 Book of the Year Award by ForeWord Magazine

Finalist – 2010 USA Best Book Award

Hojo Undo means 'supplementary training', and using these tools is the key for developing the devastating power of karate techniques. Without Hojo Undo, a practitioner cannot reach the profound strength levels required for a lifetime of karate training.

This book details how to construct and use many training tools; provides accurate mechanical drawings, comprehensive training methods, and an historical context to understand why Hojo Undo was created in 'old' Okinawa.

- Warm up exercises
- Detailed construction drawings
- Build your own Hojo Undo tools!
- Learn how to use the tools to develop devastating power
- Link your increased power to fighting techniques
- Hear what Okinawan Masters say about Hojo Undo training

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Charles Simpson:

The reason? Because this The Art of Hojo Undo: Power Training for Traditional Karate is an unordinary book that the inside of the book waiting for you to snap the item but latter it will shock you with the secret the item inside. Reading this book alongside it was fantastic author who write the book in such wonderful way makes the content within easier to understand, entertaining approach but still convey the meaning entirely. So , it is good for you for not hesitating having this anymore or you going to regret it. This phenomenal book will give you a lot of rewards than the other book possess such as help improving your proficiency and your critical thinking method. So , still want to hold up having that book? If I have been you I will go to the e-book store hurriedly.

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