



The Secrets of Shotokan Karate (Secrets Of...)

Robin L. Rielly

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Learn the techniques, strategies and history of Japanese Shotokan Karate with this illustrated martial arts guide.

Generously illustrated with over 700 clear photos, *The Secrets of Shotokan Karate* offers an in-depth look at the world's most popular martial art, with strategies, techniques, and drills to guide new students to proficiency and to help established practitioners excel. Sixth-degree black belt Robin Rielly provides a comprehensive guide to the fundamentals and theory of Shotokan, interwoven with relevant philosophy and historical context. This book offers expert instruction and a greater understanding and appreciation of the art.

Topics covered include:

- basic physiological-psychological principles
- principles of physical movement
- elements of fighting
- sparring drills
- strategy
- kata



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