



Practical Karate volume 1: Fundamentals of Self-Defense: 001

Donn F. Draeger, Masatoshi Nakayama

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"Simple, clear, easy to learn...Dispenses with hours of needed to practice for the professional...Outstanding primer on self-defense." — Marine Corps Gazette

Practical Karate: Fundamentals of Self-Defense is the first volume in the classic six-volume series by Masatoshi Nakayama and Donn Draeger. Written for those too busy to devote hours a day to Karate training, it is a serious introduction to the basic elements of self defense.

Excerpts from *Practical Karate*:

"The secrets of self-defense can be summed up in the proverbs: 'a wise man avoids danger' and 'to run away is the best way to win.' Yet, sometimes you are not able to choose these courses. I select here several techniques which you will be able to master with comparative ease, thus protecting yourself more effectively against any unarmed assailant." – M.Nakayama

"Properly learned karate response will teach you to face emergency attack situations or to run—both with confidence. The few minutes a day you spend in practice will never be wasted." – Don Draeger

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