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Complete Idiot's Guide to Karate

Randall G. Hassell, Edmond Otis

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Interested in the Japanese martial art of karate, but just haven't gotten around to taking a class? The Complete Idiot's Guide to Karate follows up our other proven guides to martial arts. This is one of the most popular sports for young adults and grown-ups alike. This CIG has:
-- Lots of instructional photos to take the reader step by step through the process of learning karate.
-- Information on using karate for self-defense, fitness, and just plain kicking the blues away.
-- Practical advice on how to use karate to control anger and fear.
-- Blow-by-blow descriptions of the various black belt ranks and how to achieve them.
-- Information on karate schools -- where you can go to get the most "punch" for your dollar.
-- Answers on what to do if you feel you've mastered the sport and want to take it to the next level -- competing!
-- Background information on the history of karate in Japan, and how it became the popular sport it is today.

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