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## Black Belt Karate: The Intensive Course

*By Hirokazu Kanazawa*

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### Black Belt Karate: The Intensive Course By Hirokazu Kanazawa

In Black Belt Karate, Hirokazu Kanazawa, the most respected figure in the karate world, offers a systematic approach to basic karate, and provides an intensive training course. Karate is a martial art that can be practiced by anyone, regardless of age or gender, and can be undertaken at any time during a person's life. The training system employed in karate comprises three main areas: kihon (basics), kumite (sparring), and kata (forms). Using meticulously detailed explanations and illustrative photos, Kanazawa provides readers with an intensive self-study training course designed to be accessible to beginners, as well as to those already at an intermediate level. If practiced continuously and diligently over the course of a year, a practitioner will be able to attain black-belt-level proficiency. Praise for Black Belt Karate: "By following each and every page of this book as if receiving instruction directly from Mr. Kanazawa, I believe that over time, with careful practice, gaining proficiency is all but guaranteed. For anyone setting out to master karate-do, you hold in your hands a fine book indeed. The late Masatoshi Nakayama, former chief instructor of the Japan Karate Association and author of Kodansha's Best Karate series

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## **Editorial Review**

### **Review**

"A thoroughly "student friendly" and enthusiastically recommended addition to any personal or dojo martial arts reference collection." -*The Midwest Book Review*

### **About the Author**

**Hirokazu Kanazawa** is the most respected figure in the karate world today, and a close disciple of Gichin Funakoshi, the father of modern karate and founder of the Shotokan school. Kanazawa founded the Shotokan Karate-do International Federation in 1979, after gaining his impressive reputation in Hawaii, the U.S. mainland, and Europe as an official trainer for the Japan Karate Association. The Shotokan Karate-do International Federation now has branches in more than 90 countries throughout the world. Kanazawa is the author of *Karate Fighting Techniques* published by Kodansha.

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