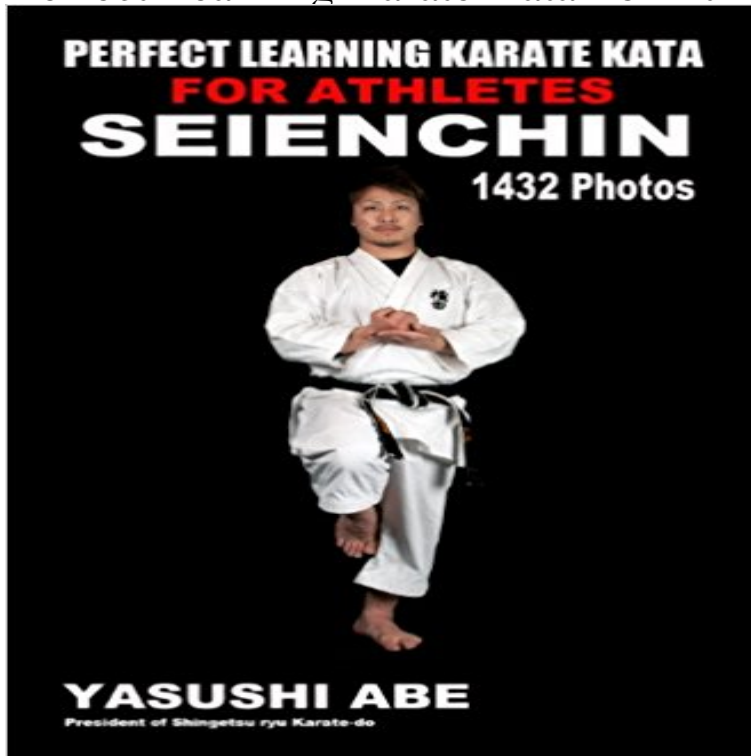


Perfect Learning Karate Kata For Athletes: Seienchin



This book illustrates a kata named Seienchin by three methods. Front Section: Sequential pictures demonstrate the views in front of the kata performer: You can see stance, the name of stance, and the direction of movement. 4 Angle Section: Sequential pictures taken from four different angles around the kata performer: You can see the detail of each movement of the kata. Count Section: List of count (static) pictures. You can use this section when you do review for the kata. Traditionally, mastering karate kata took years of training and hard practice. Since the level of each lesson based on students experience and belt color in most of the karate dojo, advanced kata could not be taught until they reached the advanced level. If students were interested in specific advanced level kata, they had to seek supplemental materials for self-learning. However, karate books in stores dont show us any detailed information because of its lack of illustration. Therefore, I published this book to support motivated self-taught karate students. The pictures in this book are taken from four views and all pictures are timely sequenced. Therefore, it should be easy to follow and learn accurate kata without going to dojo. Learning karate is like rubbing a magic lamp and conjuring the Genie. The karate Genie granted me much happiness through the benefits of health, youth, friends, physical security, self-confidence, income, and more. If I havent had an opportunity of holding the lamp (means if I hadnt learned karate), I might not have any of these treasures and I might have had a very lonely insecure life. Now it is your turn to hold the magic lamp. You may be able to master kata to be a gold medal champion and keep your physical and mental health or manage your weight. Whatever is your purpose of learning kata (and karate,) set your goal high and proceed to read this book. When you accomplish your goal, you will feel

like that Genie really came from the invisible magic lamp and to fulfill your dream. I hope karate enriches the quality of your life.

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