

Encyclopedia of Isshin Ryu Karate - Book 1

By Angi Uezu with Joseph Jennings

ENCYCLOPEDIA OF ISSHIN RYU KARATE

Book 1 – Beginner to Green Belt

**History * Philosophy * Basics * Conditioning *
Seisan Kata * Naihanchi Kata * Seiunchin Kata *
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**By Okinawan Isshin Ryu Karate
Grandmaster Angi Uezu 10th Dan
With Joseph Jennings**

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5 of 6 review helpful A workbook for Isshin ryu karate By Mariano Torres The encyclopedia of Isshin Ryu Karate is a clean thorough and complete for the most part of my understanding of this martial art There are exercises stretches and some history in this book also These are the basics and what are as always the fundamentals in this martial art of arts which are intertwined You will see this in the book The imag Originally produced in 1982 this classic has been re printed and covers all the requirements from white belt to green belt Isshin ryu karate Grandmaster Angi Uezu

expertly demonstrates all the essential movements in a step by step format Included are the 15 Upper and Lower body basics Seisan Kata Seiunchin Kata Naihanchi Kata basic application of the kata moves an in depth section on the history and philosophy of Isshin ryu karate as seen first hand by the so About the Author Angi Uezu now a 10th degree black belt in Isshin Ryu karate is respected worldwide as the foremost authority of this popular Okinawan karate system He was taught by his father in law Tatsuo Shimabuku who was the founder of the Isshin ryu k

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