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KANG DUK WON part one

This book is being sold in two parts because Kindle has trouble formatting too many pictures. The original price was \$9.95. The parts will each be \$4.99.

Karate (Empty Hands), burst on the American scene in the late fifties/early sixties. It was touted as the ultimate self protection art. Even a woman or a child could use Karate to take down the largest attacker.

Unfortunately, as time went on, this didn't seem to be the case.

What most people don't know, however, is that the commercial karate broadly taught was not the real Karate. Even the founder of modern Karate, Gichin Funakoshi himself, once stated, 'This is not the Karate I know.'

In truth, the Karate he knew had been taken by the Japanese (he was Okinawan), and transfigured for tournaments and a young turk attitude that ignored the more zen like qualities of the art.

The author of this book studied a Karate from another source, from a classmates of Gichin Funakoshi, and it is the more pure Karate that Funakoshi preferred. (He didn't leave his seals and legal documents to Shotokan, but rather another art...Shotokai.)

In this book you will see the original ten forms, as they were taught BEFORE Funakoshi. You will receive the original 50 technical applications, from BEFORE Funakoshi.

This book is not only a dynamic history lesson from the viewpoint of pure kata and pure technique, but from the viewpoint of the zen workability of pure martial arts.

This book is excellent for people who want to learn a complete system from the ground up, and for people who wish to inspect the fine points that might have been changed in the original karate katas.

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Korean Karate

By Shawn McDowell

This book and part two is worth every penny. It is good to read on a style that only shows the real forms and

not any extra forms that has been added to slow down the real learning process.

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