



## The Art of Hojo Undo: Power Training for Traditional Karate

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By Michael Clarke

YMAA Publication Center. Paperback. Book Condition: new. BRAND NEW, The Art of Hojo Undo: Power Training for Traditional Karate, Michael Clarke, Hojo undo means 'supplemental training equipment' for traditional martial artists. This book comprehensively details how to construct and use the most popular martial arts training tools of Okinawa. The value of hojo undo is that the strength building exercises are linked to the motion of the fighting techniques of karate; this is the kind of information many practitioners need to have in order to make sense of where karate's devastating power comes from. This book details how to construct and use many training tools, provides accurate mechanical drawings, comprehensive training methods, and an historical context to understand why Hojo Undo was created in 'old' Okinawa.



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