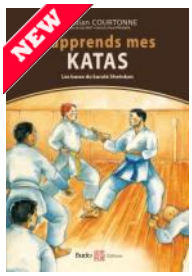
Books

New articles



Book Book I Learn My KATAS, Christian COURTONNE, French

Book I Learn My KATAS, Christian COURTONNE, French, 16.5 x 24 cm, 144 pages, Paperback with flaps. Indispensable aux élèves karatékas, enfants comme adultes, ce... (+ info)

20,00 € [1] *19,23 €* [2]
Ref.: 002339000

Book NAKA TATSUYA Meine Entdeckung des Karate-dō, german

Book Meine Entdeckung des Karate-do, NAKA TATSUYA, übersetzt aus dem Japanischen ins Deutsche von Dr. Sven Matthiessen, 14,8 x 21 cm, 248 pages,... (+ info)

33,90 € [1] *32,60 €* [2]
Ref.: 002321000

Book UCHI WAZA - Ataques indirectos, tomo 3, Juan Antonio Quirós Martínez, spanish

UCHI WAZA - ATAQUES INDIRECTOS, tomo 3, Juan Antonio Quirós Martínez, Size: 17 x 24 cm. 334 pages - Spanish. Todos los ataques indirectos; más de 130. Se explican pormenorizadamente y se muestran aplicadas a... (+ info)

21,50 € [1] *20,67 €* [2]
Ref.: 002292000

Book KARATE Descubriendo el Camino, Cristina Ortiz, Spanish

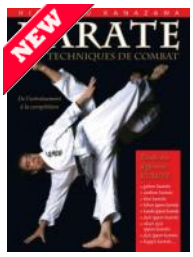
Book KARATE Descubriendo el Camino, Cristina Ortiz, Spanish. 15 x 21 cm, 93 pages. El karate es un camino apasionante que desde tiempos inmemoriales ha despertado el interés de aquellos curiosos que pretenden... (+ info)

15,45 € [1] *14,86 €* [2]
Ref.: 002291000

Book KARATE Intensif - Tremplin vers la ceinture noire, Hirokazu KANAZAWA, french

Book KARATE Intensif - Tremplin vers la ceinture noire, by Hirokazu KANAZAWA, 20 x 26,7 cm, 232 pages, FRENCH. Avec ce livre, Hirokazu Kanazawa, reconnu comme "le... (+ info)

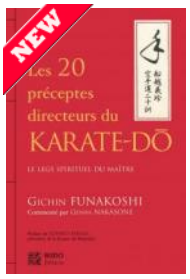
34,90 € [1] *33,56 €* [2]
Ref.: 002283000



Book KARATE Techniques de COMBAT, Hirokazu KANAZAWA, french

Book KARATE Techniques de COMBAT, by Hirokazu KANAZAWA, 20 x 26,7 cm, 192 pages, FRENCH. Études des différents Kumite: de l'entraînement à la compétition. Écrit par un des maîtres des plus renommé,... (+ info)

34,90 € [1] *33,56 €* [2]
Ref.: 002282000



Book Les 20 préceptes directeurs du KARATE-DO, GICHIN FUNAKOSHI, french

Book Les vingt préceptes directeurs du karaté-do: Le legs spirituel du maître, Gichin FUNAKOSHI, 14 x 21 cm, 127 pages, french.

13,50 € [1] *12,98 €* [2]
Ref.: 002281000

Book NAKA TATSUYA Zentrale Konzepte des Budô-Karate, german

Book Zentrale Konzepte des Budô-Karate, NAKA TATSUYA, übersetzt aus dem Japanischen ins Deutsche von Dr. Sven Matthiessen, 14,8 x 21 cm, 298 pages,... (+ info)

33,90 € [1] *32,60 €* [2]
Ref.: 002271000

Book Kat Karateka 1 y el Kata Club, J.C. Bonache, Inés Masip, Sandra Sánchez, Spanish

Book Kat Karateka y el Kata Club (Kat Karateka 1), by Juan Carlos Bonache, Inés Masip y Sandra Sánchez (Karate World Champion WKF), 128 pages, 14 x 20 cm, Spanish. ¡Diviértete y aprende con las aventuras de Kat,... (+ info)

10,95 € [1] *10,53 €* [2]
Ref.: 002268000

Book Kat Karateka 2 y el gran combate, J.C. Bonache, Inés Masip, Sandra Sánchez, Spanish

Book Kat Karateka y el gran combate (Kat Karateka 2), by Juan Carlos Bonache, Inés Masip y Sandra Sánchez (Karate World Champion WKF), 128 pages, 14 x 20 cm, Spanish. ¡Diviértete y aprende con las aventuras de Kat,... (+ info)

10,95 € [1] *10,53 €* [2]
Ref.: 002269000

Book Kat Karateka 3 y el jade encantado, J.C. Bonache, Inés Masip, Sandra Sánchez, Spanish

Book Kat Karateka y el jade encantado (Kat Karateka 3), by Juan Carlos Bonache, Inés Masip y Sandra Sánchez (Karate World Champion WKF), 128 pages, 14 x 20 cm, Spanish. ¡Diviértete y aprende con las aventuras de Kat,... (+ info)

10,95 € [1] *10,53 €* [2]
Ref.: 002270000

[1] Price for EU countries (VAT included). [2] *Other than EU countries.*

New articles (Cont.)

Book Karatedo Kyohan, Lehrmuster des Weges der leeren Hand, Funakoshi Gichin, german

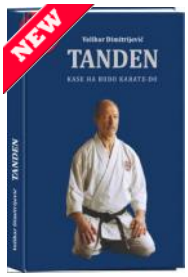
Book Karatedo Kyohan, Lehrmuster des Weges der leeren Hand, Funakoshi Gichin, 382 pages, german. Herausgegeben, eingeleitet und annotiert von Heiko Bittmann und Peter Kuhn, über 300 Abbildungen.... (+ info)

28,95 € [1] *27,84 €* [2]
Ref.: 002252000

Book KARATE-DO Y VIDA SALUDABLE, Simón Pedro Fuentes Navarro, spanish

Book KARATE-DO Y VIDA SALUDABLE por Simón Pedro Fuentes Navarro, 6th Dan., Entrenador y Juez nacional. 184 pages - Spanish. La Organización Mundial de la Salud (OMS) define la salud como "un estado de... (+ info)

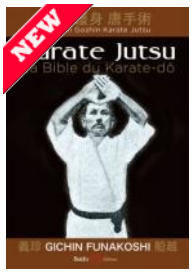
20,95 € [1] *20,14 €* [2]
Ref.: 002251000



Book TANDEN KASE HA BUDO KARATE-DO, Velibor Dimitrijevic, English

Book TANDEN KASE HA BUDO KARATE-DO, Velibor Dimitrijevic, English. 25 x 17,5cm. The secrets of the Taiji Kase sensei's authentic teaching revealed for the first time. In the philosophy of Japanese martial arts based on... (+ info)

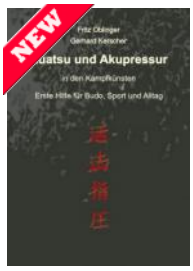
69,95 € [1] *67,26 €* [2]
Ref.: 002240000



Book KARATE JUTSU, Gichin FUNAKOSHI, french

Book KARATE JUTSU - La bible du Karate-do, Gichin FUNAKOSHI, Gichin FUNAKOSHI, 19 x 26 cm, 208 pages, french. Rentan Goshin Karate Jutsu.

39,90 € [1] *38,37 €* [2]
Ref.: 000768000



Book Kuatsu und Akupressur, Fritz Oblinger und Gerhard Kerscher, german

Book Kuatsu und Akupressur, Fritz Oblinger und Gerhard Kerscher, german. 14,8 x 21 cm. 240 pages. Kuatsu und Akupressur in den Kampfkünsten. Erste Hilfe für Budo, Sport und... (+ info)

34,50 € [1] *33,17 €* [2]
Ref.: 002225000

Book ALL JAPAN KARATEDO SHOTOKAN TOKUI KATA 2, Japan Karatedo federation, english-japanese BOK-113

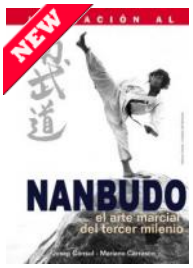
Book KATA GUIDE BOOK FOR ALL JAPAN KARATEDO SHOTOKAN - TOKUI KATA, vol. 2. Japan Karatedo Federation, Size: 18 x 26 cm. 152 pages -... (+ info)

52,50 € [1] *50,48 €* [2]
Ref.: 002216000

Book El Karatejutsu Boxeo de Okinawa - Sobre el trabajo en pareja, Choki MOTOBU, spanish

Book El Karatejutsu Boxeo de Okinawa - SOBRE EL TRABAJO EN PAREJA by Choki MOTOBU, 14 x 21 cm, 138 pages. SPANISH edition. Traducida y profusamente comentada por Jean-Charles Juster. Motobu Chôki,... (+ info)

16,90 € [1] *16,25 €* [2]
Ref.: 002215000



Book Iniciación al NANBUDO (el arte marcial del tercer milenio), Spanish

Book Iniciación al NANBUDO (el arte marcial del tercer milenio), Cónsul Peñalvert, Josep; Carrasco Millán, Mariano, 192 pages, 17 x 24 cm, Spanish. Creado por Yoshinao Nanbu a partir de su extensa... (+ info)

12,50 € [1] *12,02 €* [2]
Ref.: 002211000

Book GICHINS FAUST Aus den Gründerjahren des Shôtôkan Karate, Konno Bin, german

Book GICHINS FAUST - Aus den Gründerjahren des Shôtôkan Karate, Konno Bin, Dr. Wolfgang Herbert, 14,8 x 21 cm, 298 pages, german. Eine Erzählung des japanischen Erfolgsautors Konno... (+ info)

23,90 € [1] *22,98 €* [2]
Ref.: 002208000

Book CHRIS DENWOOD - Naihanchi (Tekki) Kata: The Seed of Shuri Karate vol.2, English Vol.2

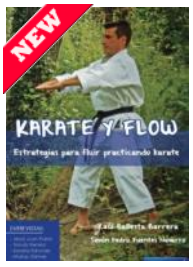
Book CHRIS DENWOOD - Naihanchi (Tekki) Kata: The Seed of Shuri Karate, Vol. 2 - Combative application, English, 312 pages. The heart of traditional karate is found within the kata – this being the very root from... (+ info)

34,95 € [1] *33,61 €* [2]
Ref.: 002197000

Book Complete Works of Shito-Ryu Karate Kata, Japan Karatedo Fed., english and japanese Vol. 4 (BOK-304)

Series Complete Works of Shito-Ryu Karate Kata, Japan Karatedo Federation Shito-Kai, english and japanese. Vol.4. Size: 18 x 26 cm, 260 pages: Wansyu, Matsumura... (+ info)

44,90 € [1] *43,17 €* [2]
Ref.: 002175000



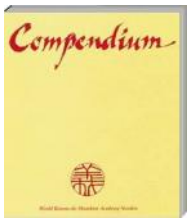
Book KARATE Y FLOW, Raúl Ballesta Barrera / Simón Pedro Fuentes Navarro, spanish

Book KARATE Y FLOW - Estrategias para fluir practicando Karate, Raúl Ballesta Barrera y Simón Pedro Fuentes Navarro. Size: 16 x 23 cm. 98 pages - Spanish. El estado de Flow o flujo ocurre cuando estamos tan... (+ info)

16,50 € [1] *15,87 €* [2]
Ref.: 002111000

[1] Price for EU countries (VAT included). [2] *Other than EU countries.*

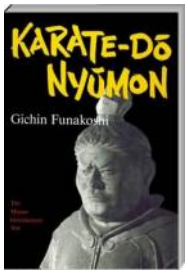
Books
Shotokan english



Book COMPENDIUM WKSA, M. Opeloski, english, includes HEIAN OYO

Book "COMPENDIUM WKSA" by Mirce OPELOSKI, senior student of Sensei Kase, 21 x 27,5 cm, 94 pages, english. For the first time "HEIAN OYO", created by Sensei Kase. Kihon, Heian 1 - 5, Kiai, Kime, Kumite,... (+ info)

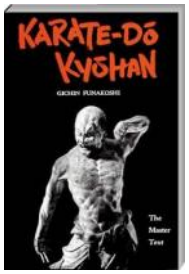
29,95 € [1] *28,80 €* [2]
Ref.: 000498000



Book KARATE-DO NYUMON by MASTER G. FUNAKOSHI, english

Book KARATE-DO NYUMON" by master Gichin FUNAKOSHI, 18,5 x 26 cm, 119 pages, english. Published in 1943. Power, origins, Karate in the ryukuyu, Chinese hands/Empty hands, masters Azato and Itosu,... (+ info)

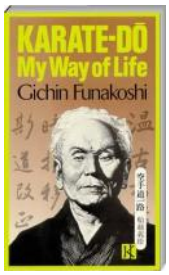
26,50 € [1] *25,48 €* [2]
Ref.: 000513000



Book KARATE-DO KYOHAN, HB, by MASTER G. FUNAKOSHI, english

Book KARATE-DO KYOHAN by master Gichin FUNAKOSHI, 19 x 26 cm, 250, pages. Second edition. Karate-Do. The way from techniques. The development of Karate. Kata. Public introduction. The value of Karate.... (+ info)

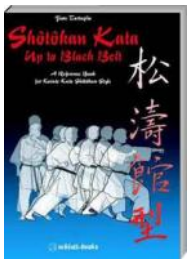
49,50 € [1] *47,60 €* [2]
Ref.: 000516000



Book MY WAY OF LIFE by MASTER G. FUNAKOSHI, english

Book KARATE-DO MY WAY OF LIFE by master Gichin FUNAKOSHI, 11 x 18 cm, 127 pages, english. The life of the father of modern Karate-Do. "His childhood and young manhood in Okinawa, his struggle to refine and... (+ info)

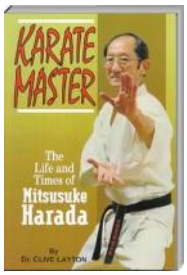
15,75 € [1] *15,14 €* [2]
Ref.: 000525000



Book Shotokan Kata up to black belt, Fiore Tartaglia, english

Book SHOTOKAN KATA up to black belt, author: Fiore Tartaglia, 17 x 24 cm, 108 pages, english. Learning kata made easy ! The unusual and fortunate combination of skills as a... (+ info)

21,50 € [1] *20,67 €* [2]
Ref.: 000750000



Book KARATE MASTER Mitsusuke HARADA, by Dr. Clive Layton, SOFTBACK, English

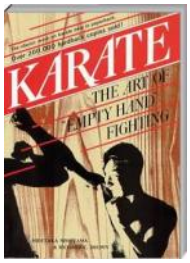
Book KARATE MASTER: LIFE & TIMES OF Mitsusuke HARADA, by Dr. Clive Layton, 15 x 23 cm, softback. 207 pages, english. "The Legacy of Shotokan Karate". One of the last disciples of the legendary Masters, Gichin... (+ info)

29,50 € [1] *28,37 €* [2]
Ref.: 000543000

Book TO-TE JITSU G.FUNAKOSHI, paperback, english

Book TO-TE JITSU by master Gichin FUNAKOSHI, 16 x 24 cm, 320 pages, english. Classical work written in 1922. 175 photos of Master Funakoshi. History and styles of Karate. Basic Techniques. Value of Training,... (+ info)

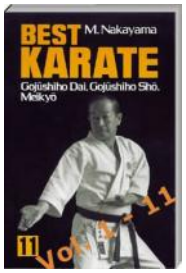
32,95 € [1] *31,68 €* [2]
Ref.: 000522000



Book THE ART OF EMPTY HAND, H. NISHIYAMA & R. BROWN, english

Book KARATE THE ART OF EMPTY HAND FIGHTING by master Hidetaka NISHIYAMA / Richard C. Brown, 18 x 26 cm, 251 pages, english. What is Karate. History. Training methods. Striking points. Vital points. Stances.... (+ info)

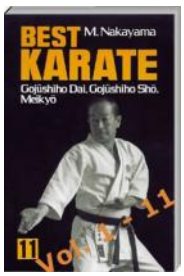
26,50 € [1] *25,48 €* [2]
Ref.: 000567000



Book BEST KARATE M.NAKAYAMA, english Vol.02

Book series "BEST KARATE", by Masatoshi NAKAYAMA, 9th Dan, 15 x 22 cm, 140 pages, english. Vol.1: Comprehensive. Vol.2: Fundamentals. Vol.3: Kumite 1. Vol.4: Kumite 2. Vol.5: Heian and Tekki. Vol.6:... (+ info)

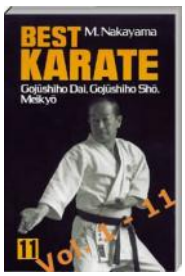
30,95 € [1] *29,76 €* [2] each
Ref.: 000510002



Book BEST KARATE M.NAKAYAMA, english Vol.03

Book series "BEST KARATE", by Masatoshi NAKAYAMA, 9th Dan, 15 x 22 cm, 140 pages, english. Vol.1: Comprehensive. Vol.2: Fundamentals. Vol.3: Kumite 1. Vol.4: Kumite 2. Vol.5: Heian and Tekki. Vol.6:... (+ info)

29,75 € [1] *28,61 €* [2] each
Ref.: 000510003



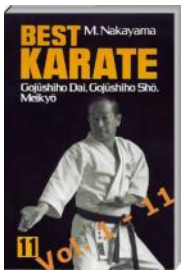
Book BEST KARATE M.NAKAYAMA, english Vol.04

Book series "BEST KARATE", by Masatoshi NAKAYAMA, 9th Dan, 15 x 22 cm, 140 pages, english. Vol.1: Comprehensive. Vol.2: Fundamentals. Vol.3: Kumite 1. Vol.4: Kumite 2. Vol.5: Heian and Tekki. Vol.6:... (+ info)

29,75 € [1] *28,61 €* [2] each
Ref.: 000510004

[1] Price for EU countries (VAT included). [2] *Other than EU countries.*

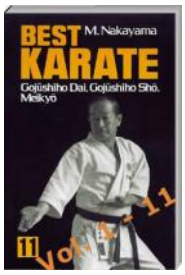
Shotokan english (Cont.)



Book BEST KARATE M.NAKAYAMA, english Vol.05

Book series "BEST KARATE", by Masatoshi NAKAYAMA, 9th Dan, 15 x 22 cm, 140 pages, english. Vol.1: Comprehensive. Vol.2: Fundamentals. Vol.3: Kumite 1. Vol.4: Kumite 2. Vol.5: Heian and Tekki. Vol.6:... (+ info)

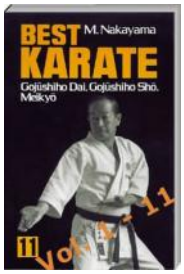
30,95 € [1] *29,76 €* [2] each
Ref.: 000510005



Book BEST KARATE M.NAKAYAMA, english Vol.07

Book series "BEST KARATE", by Masatoshi NAKAYAMA, 9th Dan, 15 x 22 cm, 140 pages, english. Vol.1: Comprehensive. Vol.2: Fundamentals. Vol.3: Kumite 1. Vol.4: Kumite 2. Vol.5: Heian and Tekki. Vol.6:... (+ info)

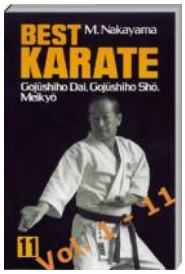
30,95 € [1] *29,76 €* [2] each
Ref.: 000510007



Book BEST KARATE M.NAKAYAMA, english Vol.09

Book series "BEST KARATE", by Masatoshi NAKAYAMA, 9th Dan, 15 x 22 cm, 140 pages, english. Vol.1: Comprehensive. Vol.2: Fundamentals. Vol.3: Kumite 1. Vol.4: Kumite 2. Vol.5: Heian and Tekki. Vol.6:... (+ info)

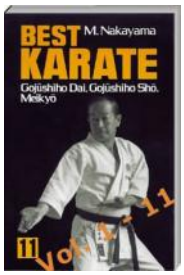
30,95 € [1] *29,76 €* [2] each
Ref.: 000510009



Book BEST KARATE M.NAKAYAMA, english Vol.10

Book series "BEST KARATE", by Masatoshi NAKAYAMA, 9th Dan, 15 x 22 cm, 140 pages, english. Vol.1: Comprehensive. Vol.2: Fundamentals. Vol.3: Kumite 1. Vol.4: Kumite 2. Vol.5: Heian and Tekki. Vol.6:... (+ info)

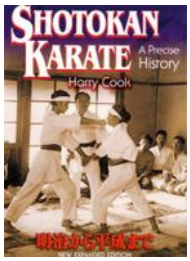
29,75 € [1] *28,61 €* [2] each
Ref.: 000510010



Book BEST KARATE M.NAKAYAMA, english Vol.11

Book series "BEST KARATE", by Masatoshi NAKAYAMA, 9th Dan, 15 x 22 cm, 140 pages, english. Vol.1: Comprehensive. Vol.2: Fundamentals. Vol.3: Kumite 1. Vol.4: Kumite 2. Vol.5: Heian and Tekki. Vol.6:... (+ info)

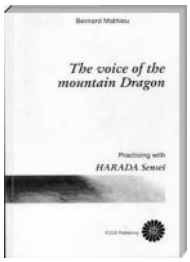
29,75 € [1] *28,61 €* [2] each
Ref.: 000510011



Book Shotokan Karate - A Precise History by Harry COOK, english

Book Shotokan Karate - A Precise History by Harry COOK, english. 2nd expanded limited edition. Hard cover. 512 pages, +200 photos. A new expanded edition of this landmark book. It is packed with 180 pages more... (+ info)

149,95 € [1] *144,18 €* [2]
Ref.: 001177000



Book VOICE OF THE MOUNTAIN DRAGON - Practising with HARADA Sensei, Bernard Mathieu,english

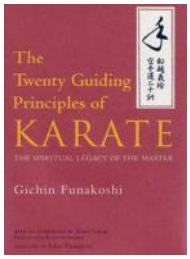
Book THE VOICE OF THE MOUNTAIN DRAGON - Practising with HARADA Sensei by Bernard Mathieu, 15 x 23 cm, 169 pages, english.

39,50 € [1] *37,98 €* [2]
Ref.: 000741000

Book MASAO KAWASOE, 8th DAN Recollections of a Karate Master, by Dr. Clive Layton, English

Book MASAO KAWASOE, 8th DAN Recollections of a Shotokan Karate Master - The early years (1945 - 1975), by Dr. Clive Layton, 15 x 23 cm, 157 pages, english. With Forewords by Hidetaka Nishiyama, Katsunori Tsuyama &... (+ info)

21,50 € [1] *20,67 €* [2]
Ref.: 001624000



Book FUNAKOSHI Twenty Guiding Principles of Karate, English

Book FUNAKOSHI The Twenty Guiding Principles of Karate. First Time in English! 13,5x19,5 cm, 128 pages. Gichin Funakoshi, the father of karate, once said that "the ultimate aim of karate lies not in victory nor defeat, but in... (+ info)

20,75 € [1] *19,95 €* [2]
Ref.: 001000000

Book The Shotokan Stylistic System, Massimo Braglia, English

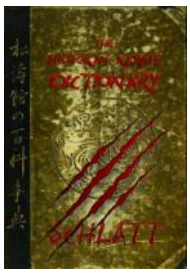
Book The Shotokan Stylistic System, Massimo Braglia, 30 x 23 cm, English. 620 pages! More than 800 color images! This book is an Investigation on the origins, evolution, meaning and symbolism in the katas of the... (+ info)

139,95 € [1] *134,57 €* [2]
Ref.: 001916000

Book MASTER MASAO KAWASOE 8th DAN, The Foundations of Shotokan, Dr. Clive Layton, English

Book MASTER MASAO KAWASOE, The Foundations of Shotokan Karate Technique, by Dr. Clive Layton, 15 x 23 cm, 96 pages, english. An explorative rendering based on an extended interview. Note: This is not a training... (+ info)

11,50 € [1] *11,06 €* [2]
Ref.: 001952000

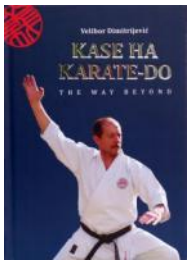


Book THE SHÔTÔKAN KARATE DICTIONARY by SCHLATT, english

Book THE SHÔTÔKAN-KARATE DICTIONARY, by SCHLATT, 18 x 25,7 cm, new 4th edition, 296 pages, english. The Shotokan Karate Dictionary. Compendium in which to look up the Japanese terminology used in the... (+ info)

29,50 € [1] *28,37 €* [2]
Ref.: 000531000

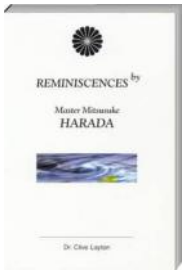
[1] Price for EU countries (VAT included). [2] *Other than EU countries.*



Book KASE HA KARATE-DO, The Way Beyond, Velibor Dimitrijevic, English

Book KASE HA KARATE-DO, The Way Beyond, Velibor Dimitrijevic, English. 25 x 17,5cm, hardcover, luxury print with over 300 photographs, diagrams and dedications to the author written by Kase sensei. For the first time the... (+ info)

69,95 € [1] *67,26 €* [2]
Ref.: 002093000

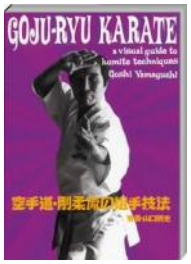


Book REMINISCENCES BY MASTER MITSUSUKE HARADA, by Dr. Clive Layton, English ISBN 0 9532832 0 8

Book REMINISCENCES by Master Mitsusuke HARADA, by Dr. Clive Layton, 15 x 23 cm, 157 pages, english.

30,75 € [1] *29,57 €* [2]
Ref.: 000546000

Books
Goju Ryu / Goju Kai english



Book GOJU RYU KARATE - A VISUAL GUIDE TO KUMITE, Goshi Yamaguchi, english BOK-202

Book GOJU RYU KARATE - A VISUAL GUIDE TO KUMITE, Goshi YAMAGUCHI, 14,5 x 21 cm, 175 pages, english. Background of Kumite. Basic Practice of Kumite. Yakusoku Kumite. Jiyu Kumite. Traditional Kumite... (+ info)

24,90 € [1] *23,94 €* [2]
Ref.: 000582000

Book GOJU-RYU KATA SERIES vol.1, Japan Karatedo Gojukai Association, english and japanese BOK-203

Book GOJU-RYU KATA SERIES vol.1, Japan Karatedo Gojukai Association, Size: 18 x 26 cm, 231 pages - English/Japanese. Teaching book published for the 100th... (+ info)

44,90 € [1] *43,17 €* [2]
Ref.: 001268000

Book Gogen Yamaguchi (The Cat): Emperor of the Scarlet Fist, paperback, english Paperback Edition

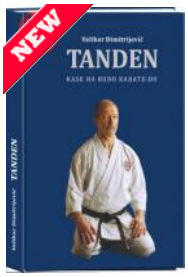
Book Gogen Yamaguchi the Emperor of the Scarlet Fist, english, 284 pages, 15 x 23 cm, Paperback Edition, written by Don Warrener. Filled with biographies of his top students and as well unwritten biographies of his... (+ info)

29,95 € [1] *28,80 €* [2]
Ref.: 001757000

Book Tanpenshu Funakoshi Gichin, McCarthy, english

Book Funakoshi Gichin Tanpenshu, 14 x 20,5 cm, 143 pages, english. Compilation & English translation of short stories by Funakoshi Gichin, "Patrick McCarthy has done it again.... (+ info)

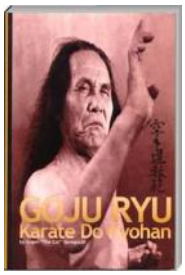
35,95 € [1] *34,57 €* [2]
Ref.: 000696000



Book TANDEN KASE HA BUDO KARATE-DO, Velibor Dimitrijevic, English

Book TANDEN KASE HA BUDO KARATE-DO, Velibor Dimitrijevic, English. 25 x 17,5cm. The secrets of the Taiji Kase sensei's authentic teaching revealed for the first time. In the philosophy of Japanese martial arts based on... (+ info)

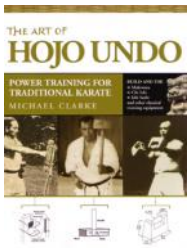
69,95 € [1] *67,26 €* [2]
Ref.: 002240000



Book GOJU RYU KYOHAN, Gogen

Book GOJU RYU KYOHAN, by master Gogen "EL GATO" YAMAGUCHI, 15,5 x 24,5 cm, 330 pages, english. Introduction: Before you start Kumite. Neko no Myujutsu. The Basics of Karate-Do. Hand. Leg. Positions. Seme Waza. Uke Waza. About Ibuki. How to Move. Kata.... (+ info)

74,90 € [1] *72,02 €* [2]
Ref.: 000585000



Book THE ART OF HOJO UNDO, Michael CLARKE, english

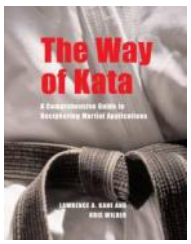
Book THE ART OF HOJO UNDO, Power Training for Traditional Karate by Michael CLARKE (7th Dan), English, 222 pages, 360 illustrations. Hojo Undo means 'supplemental training', and using these tools is the key... (+ info)

31,90 € [1] *30,67 €* [2]
Ref.: 001261000

Book GOJU-RYU KATA SERIES vol.2, Japan Karatedo Gojukai Association, english and japanese BOK-204

Book GOJU-RYU KATA SERIES vol.2, Japan Karatedo Gojukai Association, Size: 18 x 26 cm, 232 pages - English/Japanese. Teaching book published for the 100th... (+ info)

44,90 € [1] *43,17 €* [2]
Ref.: 001277000



Book THE WAY OF KATA, Lawrence KANE + Chris WILDER, english

Book THE WAY OF KATA - A Comprehensive Guide To Deciphering Martial Applications by Lawrence A. Kane and Kris Wilder, English, 310 pages, The Principles for Understanding Kata are Largely Unknown – Until Now.... (+ info)

34,75 € [1] *33,41 €* [2]
Ref.: 001900000

[1] Price for EU countries (VAT included). [2] *Other than EU countries.*

Book CHRIS DENWOOD - Respecting the Old, Creating the New, English

Book CHRIS DENWOOD - Respecting the Old, Creating the New, English, 180 pages. A collection of lessons, thoughts & beliefs on the analysis of traditional karate for self-protection and personal growth'. This book is an... (+ info)

19,50 € [1] *18,75 €* [2]
Ref.: 001465000

Book JKF official KATA book GOJU KAI, Japan Karatedo fed., english and japanese New edition 2015

Book JKF official KATA book GOJU KAI, English/Japanese. Japan Karatedo Federation (JKF). Size: 18 x 26 cm, 291 pages. Teaching book for Official... (+ info)

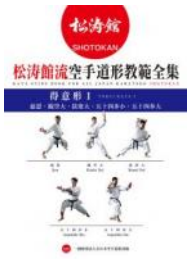
62,45 € [1] *60,05 €* [2]
Ref.: 001006000

Books
Shotokan others and multi-language

Book ALL JAPAN KARATEDO SHOTOKAN KIHON KATA, Japan Karatedo federation, english - japanese BOK-111

Book KATA GUIDE BOOK FOR ALL JAPAN KARATEDO SHOTOKAN - KIHON KATA. Japan Karatedo Federation, Size: 18 x 26 cm. 111 pages - English/Japanese.... (+ info)

52,50 € [1] *50,48 €* [2]
Ref.: 002143000



Book ALL JAPAN KARATEDO SHOTOKAN TOKUI KATA 1, Japan Karatedo federation, english-japanese BOK-112

Book KATA GUIDE BOOK FOR ALL JAPAN KARATEDO SHOTOKAN - TOKUI KATA 1. Japan Karatedo Federation, Size: 18 x 26 cm. 168 pages -... (+ info)

52,50 € [1] *50,48 €* [2]
Ref.: 002144000

Book ALL JAPAN KARATEDO SHOTOKAN TOKUI KATA 2, Japan Karatedo federation, english-japanese BOK-113

Book KATA GUIDE BOOK FOR ALL JAPAN KARATEDO SHOTOKAN - TOKUI KATA, vol. 2. Japan Karatedo Federation, Size: 18 x 26 cm. 152 pages -... (+ info)

52,50 € [1] *50,48 €* [2]
Ref.: 002216000

Book ALL JAPAN KARATEDO SHOTOKAN TOKUI KATA 3, Japan Karatedo federation, english-japanese BOK-114

Book KATA GUIDE BOOK FOR ALL JAPAN KARATEDO SHOTOKAN - TOKUI KATA, vol. 3. Japan Karatedo Federation, Size: 18 x 26 cm. 120 pages -... (+ info)

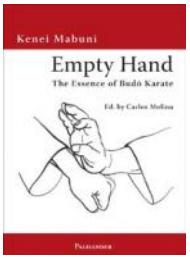
55,40 € [1] *53,27 €* [2]
Ref.: 002302000

Book + 2x DVD LEGEND OF TAIJI KASE, Yumiko KASE, french, english and italian

Book + 2x DVD LEGEND OF TAIJI KASE, Yumiko KASE, french, english and italian, 32 x 22 cm, 143 pages. A priceless gift book for karatekas. Written by Yumiko,... (+ info)

99,90 € [1] *96,06 €* [2]
Ref.: 002284000

Books
Shito Ryu english



Book EMPTY HAND The Essence of Budô Karate by MABUNI, Ken-Ei, english

Book EMPTY HAND The Essence of Budô Karate by master Keneï MABUNI, 10th Dan, son of Mabuni Kenwa (founder of the style), english, Ed. by Carlos Molina, Translated from Japanese by B. Winter, 14,5 x 21 cm,... (+ info)

26,50 € [1] *25,48 €* [2]
Ref.: 001227000

Book Complete Works of Shito-Ryu Karate Kata, Japan Karatedo Fed., english and japanese Vol. 4 (BOK-304)

Series Complete Works of Shito-Ryu Karate Kata, Japan Karatedo Federation Shito-Kai, english and japanese. Vol.4. Size: 18 x 26 cm, 260 pages: Wansyu, Matsumura... (+ info)

44,90 € [1] *43,17 €* [2]
Ref.: 002175000

Book Complete Works of Shito-Ryu Karate Kata, Japan Karatedo Fed., english and japanese Vol.1 Vol.2

Series of three books Complete Works of Shito-Ryu Karate Kata, Japan Karatedo Fed., english and japanese. Size: 18 x 26 cm. Vol.1: 160 pages HEIAN SHODAN,... (+ info)

44,90 € [1] *43,17 €* [2] each
Ref.: 001007000

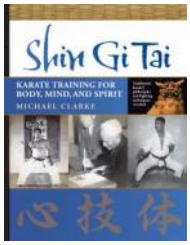
[1] Price for EU countries (VAT included). [2] *Other than EU countries.*

Books
Other books

Book Complete Works of Shito-Ryu Karate Kata, Japan Karatedo Fed., english and japanese Vol. 3 (BOK-303)

Series Complete Works of Shito-Ryu Karate Kata, Japan Karatedo Fed., english and japanese. Vol.3. Size: 18 x 26 cm: Jitte, Jion, Jiin, Matsukaze, Seisan, Shisochin,... (+ info)

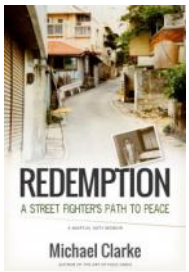
44,90 € [1] *43,17 €* [2]
Ref.: 001208000



Book SHIN GI TAI - Karate Training for Body, Mind and Spirit, Michael CLARKE, english

Book SHIN GI TAI - Karate Training for Body, Mind and Spirit, by Michael CLARKE (7th Dan), English, 300 pages, 339 illustrations. Prepare to have your beliefs challenged about what... (+ info)

29,50 € [1] *28,37 €* [2]
Ref.: 001557000



Book REDEMPTION - A street fighter's path to peace, Michael Clarke, english

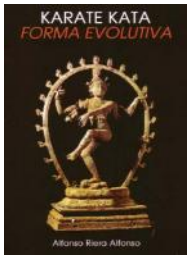
Book REDEMPTION - A street fighter's path to peace, inglés, Michael Clarke, English, 256 pages. Michael Clarke was an angry, vicious kid, a street fighter. He grew up in the late sixties and early seventies in Manchester,... (+ info)

19,50 € [1] *18,75 €* [2]
Ref.: 002046000

Book Mi Dojo la Tierra, Francisco Estevez, spanish

Book MI DOJO LA TIERRA, Francisco Estévez, Size: 14 x 21 cm. 204 pages - Spanish. Narra los acontecimientos que llevan a un instructor de Karate-Do a cerrar su dojo, algo que le sumirá en una... (+ info)

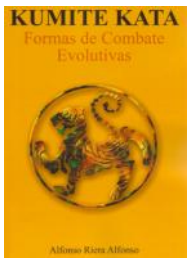
17,90 € [1] *17,21 €* [2]
Ref.: 000761000



Book KARATE KATA - FORMA EVOLUTIVA, Alfonso Riera Alfonso, spanish

Book KARATE KATA - FORMA EVOLUTIVA, Alfonso Riera Alfonso, Spanish. Size: 19 x 27 cm, 283 pages. Basado en la experiencia de casi cuarenta años de práctica de varios Artes Marciales Tradicionales, en esta... (+ info)

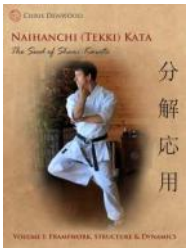
31,50 € [1] *30,29 €* [2]
Ref.: 001192000



Book KUMITE KATA - FORMAS DE COMBATE EVOLUTIVAS, Alfonso Riera Alfonso, spanish

Book KUMITE KATA - FORMAS DE COMBATE EVOLUTIVAS, Alfonso Riera Alfonso, Spanish. Size: 19 x 27 cm, 290 pages. Basado en la experiencia de casi cuarenta años de práctica de varios Artes Marciales... (+ info)

31,50 € [1] *30,29 €* [2]
Ref.: 001269000



Book CHRIS DENWOOD - Naihanchi (Tekki) Kata: The Seed of Shuri Karate, English Vol.1

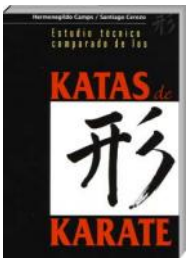
Book CHRIS DENWOOD - Naihanchi (Tekki) Kata: The Seed of Shuri Karate, Vol. 1, English, 140 pages. Tekki (Naihanchi) Kata is one of the original training forms and many slightly different versions are practiced today in... (+ info)

33,95 € [1] *32,64 €* [2]
Ref.: 001896000

Book CHRIS DENWOOD - Naihanchi (Tekki) Kata: The Seed of Shuri Karate vol.2, English Vol.2

Book CHRIS DENWOOD - Naihanchi (Tekki) Kata: The Seed of Shuri Karate, Vol. 2 - Combative application, English, 312 pages. The heart of traditional karate is found within the kata – this being the very root from... (+ info)

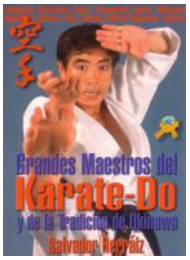
34,95 € [1] *33,61 €* [2]
Ref.: 002197000



Book Estudio técnico comparado de los Katas, H.Camps / S.Cerezo, spanish

Book Estudio técnico comparado de los Katas, H.Camps / S.Cerezo, 21 x 30 cm, 684 pages, more than 6200 photos, spanish. Incluye 132 katas!!! Los autores, expertos Maestros de Karate, exponen en esta obra 132... (+ info)

43,50 € [1] *41,83 €* [2]
Ref.: 000870000



Book KARATE - Grandes Maestros del Karate-Do y de la Tradición, Salvador Herraiz, spanish

Book KARATE - GRANDES MAESTROS DEL KARATE-DO Y DE LA TRADICIÓN DE OKINAWA by Salvador Herráiz Embid, 17 x 24 cm, 255 pages, illustrated with photos, spanish. Libro excepcional y muy... (+ info)

21,90 € [1] *21,06 €* [2]
Ref.: 001201000

Book EL ARTE SUBLIME Y ÚLTIMO DE LOS PUNTOS VITALES, spanish

Book EL ARTE SUBLIME Y ÚLTIMO DE LOS PUNTOS VITALES by Saykô FUJITA (10º Dan) y Henry PLÉE (10º Dan), 30,7 x 22,3 cm, 366 pages, spanish. S. Fujita, Jefe responsable del centro nacional Japonés de... (+ info)

41,90 € [1] *40,29 €* [2]
Ref.: 001307000

[1] Price for EU countries (VAT included). [2] *Other than EU countries.*

Other books (Cont.)

Book Las 36 Estrategias Secretas Chinas, H. Moriya, spanish

Book Las 36 Estrategias Secretas Chinas En El Arte De La Guerra, Hiroshi Moriya. Spanish, 13 x 19 cm, 264 pages. Cartoné con sobrecubierta. Una colección de antiguas máximas chinas que compendian algunas de... (+ info)

23,50 € [1] *22,60 €* [2]
Ref.: 001380000

Book Anatomía de las ARTES MARCIALES - Guía ilustrada, spanish

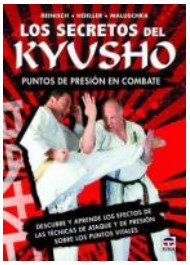
Book Anatomía de las ARTES MARCIALES - Guía ilustrada de los músculos empleados en patadas, golpes y proyecciones claves, Spanish, 19,5 x 26,5 cm, 144 pages. Edición rústica con solapas, por Norman Link y... (+ info)

21,50 € [1] *20,67 €* [2]
Ref.: 001605000

Book Entre CIELO y TIERRA - Lugares históricos del KARATE en Japón, S. Herráiz, spanish

Book ENTRE EL CIELO Y LA TIERRA - Lugares históricos del KARATE en Japón, Salvador Herráiz Embid, 7th Dan, 21 x 21 cm, 162 pages, spanish. Este libro nos invita a realizar un apasionante paseo por los... (+ info)

29,95 € [1] *28,80 €* [2]
Ref.: 001459000



Book Los Secretos del KYUSHO - Puntos de presión en combate, spanish

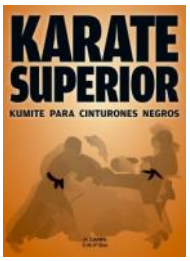
Book Los Secretos del KYUSHO - Puntos de presión en combate por Stefan Reinisch, Juergen Hoeller y Axel Maluschka. Spanish, 17 x 24 cm, 232 pages. CÓMO CONTROLAR Y SOMETER AL ADVERSARIO:... (+ info)

26,50 € [1] *25,48 €* [2]
Ref.: 001769000

Book JINTAI KYUSHO - Los puntos vulnerables del cuerpo humano, Planellas, Spanish

Book JINTAI KYUSHO - Los puntos vulnerables del cuerpo humano, 196 pages, 17 x 24 cm, Spanish. By Pau-Ramon Planellas, titulado en Japón por la Kokusai Budo In en la especialidad de Nihon Ju Jutsu, 5º Dan... (+ info)

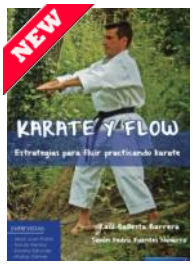
18,50 € [1] *17,79 €* [2]
Ref.: 001365000



Book KARATE SUPERIOR - KUMITE para cinturones negros, Hermenegildo Camps, Spanish

Book KARATE SUPERIOR - KUMITE para cinturones negros, 220 pages, 17 x 23,5 cm, Spanish. By Hermenegildo Camps, 6º Dan. KUMITE PARA CINTURONES NEGROS. El Kumite o combate... (+ info)

20,95 € [1] *20,14 €* [2]
Ref.: 002079000



Book KARATE Y FLOW, Raúl Ballesta Barrera / Simón Pedro Fuentes Navarro, spanish

Book KARATE Y FLOW - Estrategias para fluir practicando Karate, Raúl Ballesta Barrera y Simón Pedro Fuentes Navarro. Size: 16 x 23 cm. 98 pages - Spanish. El estado de Flow o flujo ocurre cuando estamos tan... (+ info)

16,50 € [1] *15,87 €* [2]
Ref.: 002111000

Book KARATE-DO Y VIDA SALUDABLE, Simón Pedro Fuentes Navarro, spanish

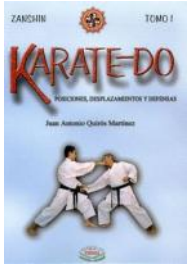
Book KARATE-DO Y VIDA SALUDABLE por Simón Pedro Fuentes Navarro, 6th Dan., Entrenador y Juez nacional. 184 pages - Spanish. La Organización Mundial de la Salud (OMS) define la salud como "un estado de... (+ info)

20,95 € [1] *20,14 €* [2]
Ref.: 002251000

Book UCHI WAZA - Ataques indirectos, tomo 3, Juan Antonio Quirós Martínez, spanish

UCHI WAZA - ATAQUES INDIRECTOS, tomo 3, Juan Antonio Quirós Martínez, Size: 17 x 24 cm. 334 pages - Spanish. Todos los ataques indirectos; más de 130. Se explican pormenorizadamente y se muestran aplicadas a... (+ info)

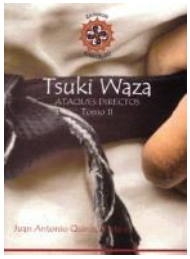
21,50 € [1] *20,67 €* [2]
Ref.: 002292000



Book KARATE-DO, ZANSHIN, tomo 1, Juan Antonio Quirós Martínez, spanish

KARATE-DO ZANSHIN, tomo I, Juan Antonio Quirós Martínez, Size: 17 x 24 cm. 478 pages - Spanish. Posiciones, Desplazamientos, Defensas. Libro muy completo que enseña y estudia a fondo más de 180... (+ info)

24,50 € [1] *23,56 €* [2]
Ref.: 000708000



Book TSUKI WAZA, tomo 2, Juan Antonio Quirós Martínez, spanish

KARATE-DO ZANSHIN, tomo I, Juan Antonio Quirós Martínez, Size: 17 x 24 cm. 269 pages - Spanish. Todos los ataques directos. Se explican pormenorizadamente y se muestran aplicadas a un compañero. Más de 650... (+ info)

19,50 € [1] *18,75 €* [2]
Ref.: 001087000

Book Karate über den Kampf, Michael Ehrenreich, german

Book Karate über den Kampf, Michael Ehrenreich, 242 pages, german. Veredeltes Paperback, ledergenarbte Folienkaschierung. Dieses Buch wird Ihr Training verändern! Michael... (+ info)

24,50 € [1] *23,56 €* [2]
Ref.: 001808000

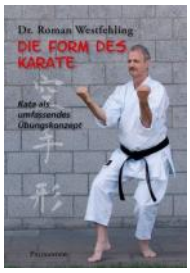
[1] Price for EU countries (VAT included). [2] *Other than EU countries.*

Other books (Cont.)

Book Mein Erstes Karate-Buch, der Karate-Weg der Kinder, Fiore Tartaglia, german

Book Mein Erstes Karate-Buch, der Karate-Weg der Kinder, Fiore Tartaglia, Fiore Tartaglia, german. 17 x 24 cm. 136 Seiten. Das Karate-Buch für Kinder im Alter von sieben bis 13 Jahren ist ein Begleiter für die ersten drei... (+ info)

24,45 € [1] *23,51 €* [2]
Ref.: 001988000



Book Die Form des Karate - Roman Westfehling, german

Book Die Form des Karate - Kata als umfassendes Übungskonzept, Roman Westfehling, german. 408 pages. Die traditionell überlieferten Formen des Karate, die Kata, enthalten sämtliche Facetten des... (+ info)

23,95 € [1] *23,03 €* [2]
Ref.: 002012000

Book Kuatsu und Akupressur, Fritz Oblinger und Gerhard Kerscher, german

Book Kuatsu und Akupressur, Fritz Oblinger und Gerhard Kerscher, german. 14,8 x 21 cm. 240 pages. Kuatsu und Akupressur in den Kampfkünsten. Erste Hilfe für Budo, Sport und... (+ info)

34,50 € [1] *33,17 €* [2]
Ref.: 002225000

Book KARATÉ : L'EFFICACITÉ À PORTÉE DE MAIN, OUZROUT Areski, french

Book KARATÉ : L'EFFICACITÉ À PORTÉE DE MAIN, OUZROUT Areski, 14 x 21 cm, 288 pages, FRENCH. Ce livre est un essai accompagné de témoignages. Il prolonge l'enseignement reçu au dojo en présentant des... (+ info)

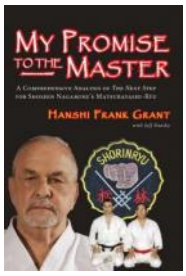
16,90 € [1] *16,25 €* [2]
Ref.: 001893000

Books
Okinawan Karate

Book My Art Motobu Choki, McCarthy, english

Book My Art Motobu Choki "Watashi no Karate-jutsu". 14 x 20,5 cm, 119 pages, english. Compilation and Japanese to English Translation by Patrick and Yuriko McCarthy. "Watashi no Karate-jutsu" ("My Art of Karate"), introduces comprehensive insights into a fighting tradition... (+ info)

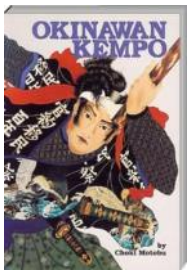
34,50 € [1] *33,17 €* [2]
Ref.: 000748000



Book My PROMISE TO THE MASTER NAGAMINE, Frank Grant, english

Book My PROMISE TO THE MASTER, Hanshi Frank Grant + Jeff Slutsky, english, 254 pages, 17 x 24 cm. A Comprehensive Analysis of "The Next Step" for Shoshin Nagamine's Matsubayashi-ryu. Frank Grant holds a 10th... (+ info)

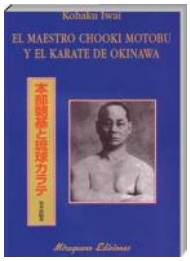
29,95 € [1] *28,80 €* [2]
Ref.: 001847000



Book OKINAWAN KEMPO CHOKI MOTOBU, PAPERBACK, english

Book OKINAWAN KEMPO by Choki MOTOBU, 15 x 22 cm, 127 pages, english. Classical work from 1926. Paperback. Meaning and Origins of Karate - Styles and Changes - Position and Hip - Kempo Minor Rules -... (+ info)

32,95 € [1] *31,68 €* [2]
Ref.: 000558000



Book El Maestro CHOKI MOTOBU y el Karate de Okinawa, Spanish

Book El Maestro CHOKI MOTOBU y el Karate de Okinawa, 17 x 24 cm, 186 pages, Spanish. El maestro Choki Motobu, originario de Okinawa fue uno de los impulsores del Karate-Do moderno junto con Miyagi,... (+ info)

19,50 € [1] *18,75 €* [2]
Ref.: 000851000

Book OKINAWA KEMPO KARATE JUTSU, Choki MOTOBU, spanish

Book OKINAWAN KEMPO KARATE JUTSU by Choki MOTOBU, 17 x 24 cm, 143 pages. SPANISH edition. Obra clásica del año 1925. Significado y Origenes del Karate - Estilos y cambios - Posiciones y... (+ info)

21,50 € [1] *20,67 €* [2]
Ref.: 001267000

Book Las técnicas secretas del kárate KATA BUNKAI, H. Kogel, 6th Dan, spanish

Book Las técnicas secretas del kárate KATA BUNKAI, H. Kogel, 6th Dan, Spanish, 17 x 24 cm, 248 pages. DEFENSA PERSONAL - TÉCNICAS DE KYUSHO - ILUSTRACIONES ANATÓMICAS INÉDITAS. Ideal para... (+ info)

26,50 € [1] *25,48 €* [2]
Ref.: 001429000

Book El Karatejutsu Boxeo de Okinawa - Sobre el trabajo en pareja, Choki MOTOBU, spanish

Book El Karatejutsu Boxeo de Okinawa - SOBRE EL TRABAJO EN PAREJA by Choki MOTOBU, 14 x 21 cm, 138 pages. SPANISH edition. Traducida y profusamente comentada por Jean-Charles Juster. Motobu Chôki,... (+ info)

16,90 € [1] *16,25 €* [2]
Ref.: 002215000

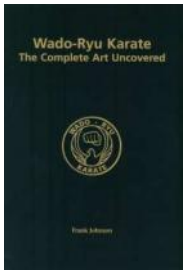
[1] Price for EU countries (VAT included). [2] *Other than EU countries.*

Books
Wado Ryu

Book WADO-RYU KARATE UNCOVERED, by Frank JOHNSON, English

Book WADO-RYU KARATE UNCOVERED, by Frank JOHNSON, English, 15 x 21 cm, 88 pages. A unique book taking the reader into Japanese Martial arts like no other book before. The reader can almost feel he is... (+ info)

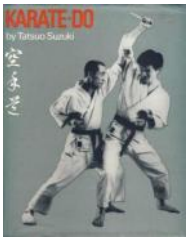
7,90 € [1] *7,60 €* [2]
Ref.: 001675000



Book WADO-RYU KARATE THE COMPLETE ART UNCOVERED, by Frank JOHNSON, English

Book WADO-RYU KARATE THE COMPLETE ART UNCOVERED, by Frank JOHNSON, English, 17 x 24,5 cm, 236 pages. This book is for sure the most comprehensive book ever published on the Art of... (+ info)

24,90 € [1] *23,94 €* [2]
Ref.: 001677000



Book KARATE-DO, by Tatsuo Suzuki, English

Book KARATE-DO, by Tatsuo Suzuki, English, 21 x 26 cm, 160 pages. Over 900 illustrations! This book is unique on the subject of karate, in that the author, Tatsuo Suzuki - 8th Dan Karate, was the Chief Instructor of the Europe Wado-Ryu and Chairman to the... (+ info)

26,90 € [1] *25,87 €* [2]
Ref.: 002210000

Book KARATE-DO (WADO RYU), H. OTSUKA, paperback, Spanish

Book KARATE-DO by master Hironori OTSUKA, founder of Wado ryu, 17 x 24 cm, 384 pages, Spanish, paperback edition, 375 photos. Orígen, filosofía y preceptos de las artes marciales y del Karate-Do Wado Ryu. Técnicas de... (+ info)

26,50 € [1] *25,48 €* [2]
Ref.: 001251000

Book KARATÉ WADO RYU KATAS, Roberto De Luca, F. Comparelli, spanish

Book KARATÉ WADO RYU KATAS, Roberto De Luca, Fabrizio Comparelli, Spanish, 17 x 24 cm, 256 pages. LA "ESCUELA DEL CAMINO DE LA ARMONÍA". Wadoryu significa "Escuela del Camino de la Armonía". La... (+ info)

21,50 € [1] *20,67 €* [2]
Ref.: 002031000

Book Kazutaka OTSUKA KIHON KUMITE WADO-RYU, french

Book Kazutaka OTSUKA KIHON KUMITE WADO-RYU. FRENCH edition. 16x24 cm, 112 pages. LE LIVRE : Ce livre s'inspire directement de l'ouvrage Karate-Do Dai... (+ info)

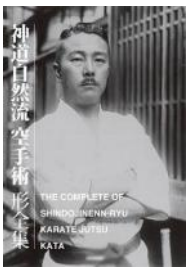
20,90 € [1] *20,10 €* [2]
Ref.: 001745000

Books
Other styles

Book ALL KATA OF RYUEIRYU KARATE, Tsuguo Sakumoto, English and Japanese BOK-350

Book ALL KATA OF RYUEIRYU KARATE, Tsuguo Sakumoto, English and Japanese. Size: 18 x 25,5 cm (B5). Revised edition 168 pages: Kenji Nakaima. Niseishi, Sanseiru, Seisan, Pachu, Heiku, Paiku, Anan.

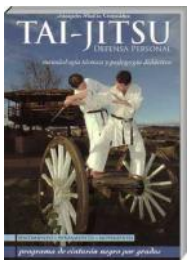
49,90 € [1] *47,98 €* [2]
Ref.: 000835000



Book THE COMPLETE KATA OF SHINDO JINENN RYU KARATE JUTSU, english and japanese BOK-391

Book THE COMPLETE KATA OF SHINDO JINENN RYU KARATE JUTSU, by Yasuhiro Konishi, Size: 21 x 29,7 cm, 132 pages - English/Japanese. Yasuhiro Konishi of... (+ info)

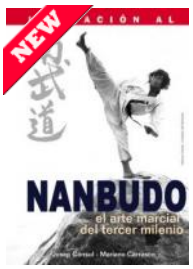
56,90 € [1] *54,71 €* [2]
Ref.: 001381000



Book TAI-JITSU, Joaquín Muñiz González, spanish

Book TAI-JITSU, Joaquín Muñiz González, Size: 17 x 24 cm. 480 pages, más de 2000 fotografías - Spanish. DEFENSA PERSONAL. Metodología técnica, pedagogía didáctica. Programa por grados hasta Cinturón Negro,... (+ info)

46,90 € [1] *45,10 €* [2]
Ref.: 000787000



Book Iniciación al NANBUDO (el arte marcial del tercer milenio), Spanish

Book Iniciación al NANBUDO (el arte marcial del tercer milenio), Cónsul Peñalvert, Josep; Carrasco Millán, Mariano, 192 pages, 17 x 24 cm, Spanish. Creado por Yoshinao Nanbu a partir de su extensa... (+ info)

12,50 € [1] *12,02 €* [2]
Ref.: 002211000

[1] Price for EU countries (VAT included). [2] *Other than EU countries.*

Books
WKF-style competitions

Book KARATE DO SHITEI KATA KYOHAN DAI-NI, ed. 2013, Japan Karatedo Fed., english and jap. BOK-002C / ISBN 978-4-86344-010-4

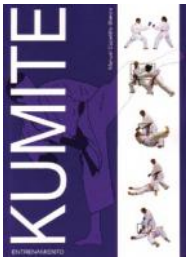
Book KARATE DO SHITEI KATA KYOHAN DAI-NI (vol. 2) *New edition 2013*. Japan Karatedo Federation. Size: 18 x 26 cm. 198 pages- English/Japanese. Teaching... (+ info)

39,90 € [1] *38,37 €* [2]
Ref.: 000810000

Book KARATE DO KATA KYOHAN SHITEI KATA, Japan Karatedo federation, english and japanese BOK-001C

Book KARATEDO KATA KYOHAN SHITEI KATA, vol.1 Japan Karatedo Federation, Size: 18 x 26 cm. 232 pages- English/Japanese. Teaching book for 8 Shitei... (+ info)

46,80 € [1] *45,00 €* [2]
Ref.: 000675000



Book KUMITE - Entrenamiento, Manuel Capetillo Blanco, spanish

Book KUMITE - Entrenamiento, Manuel Capetillo Blanco, 17 x 23,5 cm, 188 pages, spanish. Manuel Capetillo es 5º Dan de Karate, maestro especialista en educación física y alumno de Jose Manuel Egea, Francisco Mayoral y... (+ info)

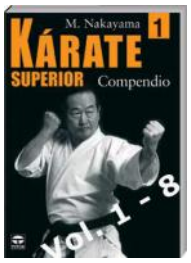
29,50 € [1] *28,37 €* [2]
Ref.: 001343000

Books
Shotokan spanish

Book Complete Karate-Kata Methodology, Jose R. Álvarez Ruiz-Huidobro, Spanish and English

Book Complete Karate-Kata Methodology, Jose R. Álvarez Ruiz-Huidobro, Spanish and English . 500 pages. The aim of this text is to provide a developed, organized, progressive, and reasoned method to manage more... (+ info)

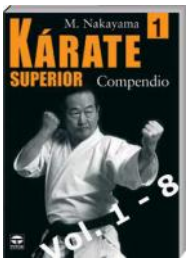
59,00 € [1] *56,73 €* [2]
Ref.: 002338000



Book KARATE SUPERIOR M.NAKAYAMA, spanish Vol.3

Book series 'KARATE SUPERIOR', Masatoshi NAKAYAMA, 9th Dan, 17 x 24 cm, 144 pages, spanish. Vol.1: Compendio. Vol.2: Fundamentos. Vol.3: Kumite 1. Vol.4: Kumite 2. Vol.5: Heian y Tekki. Vol.6: Bassai-dai,... (+ info)

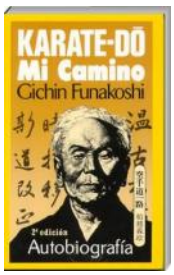
14,50 € [1] *13,94 €* [2] each
Ref.: 000501003



Book KARATE SUPERIOR M.NAKAYAMA, spanish Vol.4

Book series 'KARATE SUPERIOR', Masatoshi NAKAYAMA, 9th Dan, 17 x 24 cm, 144 pages, spanish. Vol.1: Compendio. Vol.2: Fundamentos. Vol.3: Kumite 1. Vol.4: Kumite 2. Vol.5: Heian y Tekki. Vol.6: Bassai-dai,... (+ info)

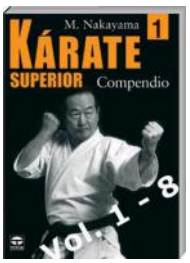
14,50 € [1] *13,94 €* [2] each
Ref.: 000501004



Book MI CAMINO, by MASTER G. FUNAKOSHI, spanish

Book KARATE-DO MI CAMINO by master Gichin FUNAKOSHI, 14,5 x 21 cm, 127 pages, spanish.

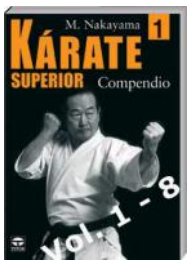
12,50 € [1] *12,02 €* [2]
Ref.: 000528000



Book KARATE SUPERIOR M.NAKAYAMA, spanish Vol.5

Book series 'KARATE SUPERIOR', Masatoshi NAKAYAMA, 9th Dan, 17 x 24 cm, 144 pages, spanish. Vol.1: Compendio. Vol.2: Fundamentos. Vol.3: Kumite 1. Vol.4: Kumite 2. Vol.5: Heian y Tekki. Vol.6: Bassai-dai,... (+ info)

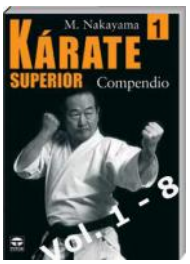
14,50 € [1] *13,94 €* [2] each
Ref.: 000501005



Book KARATE SUPERIOR M.NAKAYAMA, spanish Vol.6

Book series 'KARATE SUPERIOR', Masatoshi NAKAYAMA, 9th Dan, 17 x 24 cm, 144 pages, spanish. Vol.1: Compendio. Vol.2: Fundamentos. Vol.3: Kumite 1. Vol.4: Kumite 2. Vol.5: Heian y Tekki. Vol.6: Bassai-dai,... (+ info)

14,50 € [1] *13,94 €* [2] each
Ref.: 000501006



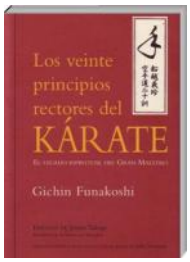
Book KARATE SUPERIOR M.NAKAYAMA, spanish Vol.8

Book series 'KARATE SUPERIOR', Masatoshi NAKAYAMA, 9th Dan, 17 x 24 cm, 144 pages, spanish. Vol.1: Compendio. Vol.2: Fundamentos. Vol.3: Kumite 1. Vol.4: Kumite 2. Vol.5: Heian y Tekki. Vol.6: Bassai-dai,... (+ info)

14,50 € [1] *13,94 €* [2] each
Ref.: 000501008

[1] Price for EU countries (VAT included). [2] *Other than EU countries.*

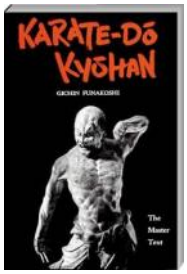
Shotokan spanish (Cont.)



Book FUNAKOSHI Los veinte principios rectores del KARATE, Spanish

Book FUNAKOSHI Los veinte principios rectores del KARATE. SPANISH edition. 13,5x19,5 cm, 128 pages ¡Por primera vez en español! Edición rústica. El legado espiritual del Gran Maestro Gichin Funakoshi y de... (+ info)

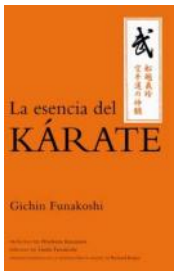
11,50 € [1] *11,06 €* [2]
Ref.: 000956000



Book KARATE-DO KYOHAN, by MASTER G. FUNAKOSHI, spanish

Book KARATE-DO KYOHAN by master Gichin FUNAKOSHI, 19 x 26 cm, 250, pages. SPANISH. Second edition. Karate-Do. The way from techniques. The development of Karate. Kata. Public introduction.... (+ info)

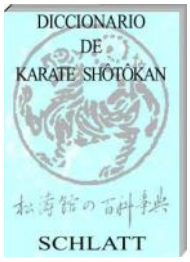
24,90 € [1] *23,94 €* [2]
Ref.: 000519000



Book FUNAKOSHI La esencia del Kárate, Spanish

Book FUNAKOSHI La esencia del Kárate. SPANISH edition. 13x19 cm, 128 pages ¡Por primera vez en español! El prodigioso ascenso del kárate desde una serie de... (+ info)

17,50 € [1] *16,83 €* [2]
Ref.: 001569000



Book Diccionario de Karate Shotokan by SCHLATT, spanish

Book DICCIONARIO DE KARATE SHÔTÔKAN, by SCHLATT, 14,5 x 21,5 cm, 240 pages, spanish (ISBN: 84-607-9752-X)

22,50 € [1] *21,63 €* [2]
Ref.: 000771000

Book dojo fundazioa: MENORES DE 15 Y MAYORES DE 60, Félix Sáenz and others, spanish

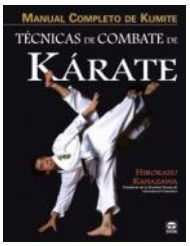
Book dojo fundazioa ESCRITOS DE KARATE: TAIKYOKU Fundamentales y Complementarios, Félix Sáenz and others, Size: 17 x 24 cm. 62 pages -... (+ info)

12,90 € [1] *12,40 €* [2]
Ref.: 002213000

Book El sistema estilístico Shotokan, Massimo Braglia, Spanish

Book El sistema estilístico Shotokan, Massimo Braglia, 29,7 x 21 cm, Spanish. 640 pages! More than 845 images in black & white. Este libro enfocado en la historia del Karate Kata no es solo una guía válida para los... (+ info)

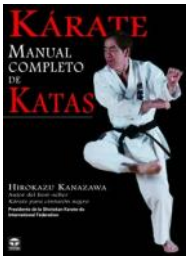
98,50 € [1] *94,71 €* [2]
Ref.: 002204000



Book Técnicas de combate para KARATE, Hirokazu Kanazawa, spanish

Book Técnicas de combate de Karate, Manual completo de Kumite - Hirokazu Kanazawa. Spanish, 21,5 X 28 cm, 200 pages. Edición rústica. Este libro es la primera guía completa del maestro Kanazawa sobre kumite, o... (+ info)

21,50 € [1] *20,67 €* [2]
Ref.: 001203000



Book KÁRATE, Manual Completo de KATAS, Hirokazu Kanazawa, spanish

Book KÁRATE, Manual Completo de KATAS - Hirokazu Kanazawa. Spanish, 21,5 X 28 cm, 240 pages. PARA EL PERFECTO DOMINIO DE LAS KATAS. Este libro traza la historia de las veintisiete katas más importantes del... (+ info)

29,50 € [1] *28,37 €* [2]
Ref.: 001456000

Book MANUAL DE CONSULTA SHOTO KAI KARATE NO SHIN ZUI, by José Cáceres Madrid, Spanish.

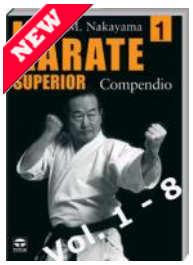
Book Manual de consulta para la práctica del KARATE DO SHOTO KAI KARATE NO SHIN ZUI, by José Cáceres Madrid, 186 pages, 17 x 23,5 cm, Spanish.... (+ info)

13,50 € [1] *12,98 €* [2]
Ref.: 002045000

Book dojo fundazioa ESCRITOS DE KARATE: TAIKYOKU, Félix Sáenz and others, spanish

Book dojo fundazioa ESCRITOS DE KARATE: TAIKYOKU Fundamentales y Complementarios, Félix Sáenz and others, Size: 17 x 24 cm. 62 pages -... (+ info)

12,90 € [1] *12,40 €* [2]
Ref.: 002212000



Book KARATE SUPERIOR M.NAKAYAMA, spanish Vol.1

Book series 'KARATE SUPERIOR', Masatoshi NAKAYAMA, 9th Dan, 17 x 24 cm, 144 pages, spanish. Vol.1: Compendio. Vol.2: Fundamentos. Vol.3: Kumite 1. Vol.4: Kumite 2. Vol.5: Heian y Tekki. Vol.6: Bassai-dai,... (+ info)

15,90 € [1] *15,29 €* [2] each
Ref.: 000501009

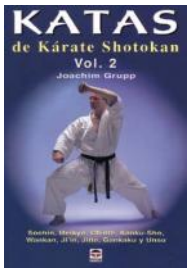
Book dojo fundazioa: POSICIONES Y DESPLAZAMIENTOS, Félix Sáenz and others, spanish

Book dojo fundazioa ESCRITOS DE KARATE: POSICIONES Y DESPLAZAMIENTOS, Félix Sáenz and others, Size: 17 x 24 cm. 62 pages -... (+ info)

12,90 € [1] *12,40 €* [2]
Ref.: 002235000

[1] Price for EU countries (VAT included). [2] *Other than EU countries.*

Shotokan spanish (Cont.)



Book KATAS de Karate Shotokan, vol.2, Joachim Grupp, spanish

Book KATAS de Karate Shotokan, vol.2 por Joachim Grupp, Size: 17 x 24 cm. 151 pages - in Spanish. Se presentan 9 katas superiores con todo detalle, además de sus bunkais: Sochin, Meikyo, Chinte, Kanku-sho,... (+ info)

17,00 € [1] *16,35 €* [2]
Ref.: 001042000

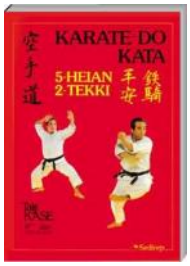
Books

Shotokan french

Book SHOTOKAN KARATE-DO KATA Encyclopedia Kase-ha, KASE, Taiji, English and French

Book "SHOTOKAN KARATE-DO KATA Encyclopédie Kase-ha Encyclopedia" by master Taiji KASE, 9th Dan. 21 x 30 cm, 432 pages, Englisch and French. All 27 traditional Shotokan Ryu kata are presented in this book.... (+ info)

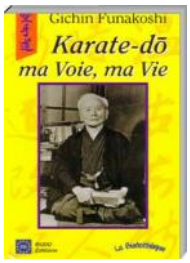
54,90 € [1] *52,79 €* [2]
Ref.: 000495000



Book T. KASE, KATAS HEIAN AND TEKKI, french

Book "KARATE-DO KATA 5-HEIAN 2-TEKKI" by master Taiji KASE, 9th Dan. 21 x 30 cm, 104 pages, more than 400 photos, french, The five Heian kata: Shodan, Nidan, Sandan, Yondan and Godan, Tekki Shodan and Tekki... (+ info)

19,90 € [1] *19,13 €* [2]
Ref.: 000492000



Book KARATE-DO ma Voie, ma Vie, Gichin FUNAKOSHI, french

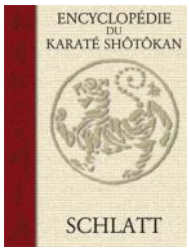
Book KARATE-DO ma Voie, ma Vie, Gichin FUNAKOSHI, 11 x 18 cm, 127 pages, french.

9,90 € [1] *9,52 €* [2]
Ref.: 000766000

Book KARATE-DO NYUMON, Gichin FUNAKOSHI, french

Book KARATE-DO NYUMON, Gichin FUNAKOSHI, 19 x 26 cm, 127 pages, french.

34,90 € [1] *33,56 €* [2]
Ref.: 000767000



Book Shotokan dictionary ENCYCLOPEDIE DU KARATE SHOTOKAN by SCHLATT, French

Book Shotokan dictionary ENCYCLOPEDIE DU KARATE SHOTOKAN by SCHLATT, French, 14,5 x 21,5 cm, 240 pages. Indispensable pour votre bibliothèque d'Arts Martiaux, cette édition complète et exhaustive présente... (+ info)

26,50 € [1] *25,48 €* [2]
Ref.: 001165000

Book KARATE-DO KYOHAN, HB, by MASTER G. FUNAKOSHI, french

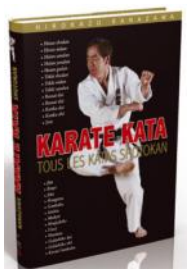
Book KARATE-DO KYOHAN by master Gichin FUNAKOSHI, 21,5 x 28 cm, 292 pages. French edition. Second edition. Véritable témoignage de la genèse du karaté moderne, ce livre est une oeuvre à l'attention du... (+ info)

56,90 € [1] *54,71 €* [2]
Ref.: 001271000

Book L'ESSENCE DU KARATE-DO by master Shigeru EGAMI, french

Book L'ESSENCE DU KARATE-DO by master Shigeru EGAMI, 18,6 cm x 26,1 cm, 128 pages, french. 2ème Édition du livre (1ère est parue en 1976). Il contient les techniques fondamentales du karaté, appuyées par de... (+ info)

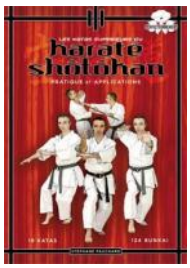
35,98 € [1] *34,60 €* [2]
Ref.: 001299000



Book KARATE KATA - TOUS LES KATAS SHOTOKAN, Hirokazu KANAZAWA, french

Book KARATE KATA - TOUS LES KATAS SHOTOKAN, by Hirokazu KANAZAWA, 18,6 x 26,5 cm, 240 pages, FRENCH. Écrit par un des maîtres des plus renommé, élève direct... (+ info)

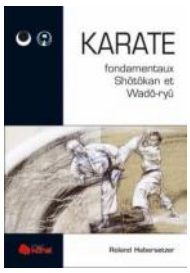
38,90 € [1] *37,40 €* [2]
Ref.: 001578000



Book LES KATAS SUPERIEURES DU KARATÉ SHOTOKAN, Stéphane FAUCHARD french

Book LES KATAS SUPERIEURES DU KARATÉ SHOTOKAN - Pratique et applications, by Stéphane FAUCHARD, 17 x 24 cm, 320 pages, FRENCH. Ce volume s'adresse aux pratiquants avancés... (+ info)

28,90 € [1] *27,79 €* [2]
Ref.: 001389000



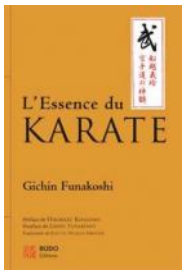
Book KARATE fondamentaux Shôtôkan et Wadô-ryû, Roland HABERSETZER, french

Book KARATE fondamentaux Shôtôkan et Wadô-ryû, Roland HABERSETZER, 15,5 x 22,5 cm, 224 pages, FRENCH. Sensei Roland Habersetzer a rassemblé dans cet... (+ info)

18,75 € [1] *18,03 €* [2]
Ref.: 001597000

[1] Price for EU countries (VAT included). [2] *Other than EU countries.*

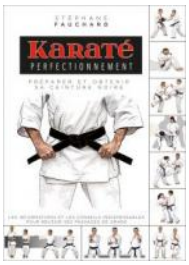
Shotokan french (Cont.)



Book FUNAKOSHI L'Essence du Karaté, french

Book FUNAKOSHI L'Essence du Karaté. FRENCH edition. 14x21 cm, 128 pages Dans L'essence du karaté, Funakoshi crée avec ses propres mots une histoire du karaté moderne, de ses origines à son essence véritable, nous faisant profiter de... (+ info)

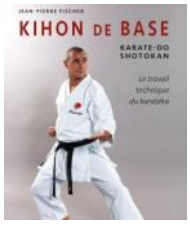
12,95 € [1] *12,45 €* [2]
Ref.: 001628000



Book KARATÉ PERFECTIONNEMENT, Stéphane FAUCHARD french

Book KARATÉ PERFECTIONNEMENT - Préparer et obtenir sa ceinture noir - Destiné au karatéka avancé, by Stéphane FAUCHARD, 17 x 24 cm, 128 pages,... (+ info)

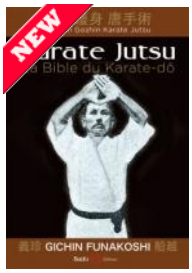
16,90 € [1] *16,25 €* [2]
Ref.: 001979000



Book KIHON de BASE Karate-Do Shotokan, Jean-Pierre FISCHER french

Book KIHON de BASE - Karate-Do Shotokan - Le travail technique du karatéka, Jean-Pierre FISCHER, 17 x 24 cm, 256 pages, FRENCH. Exercice traditionnel fondamental du karaté, le kihon... (+ info)

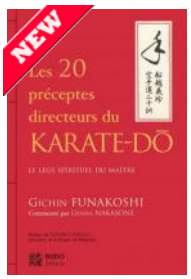
21,75 € [1] *20,91 €* [2]
Ref.: 002178000



Book KARATE JUTSU, Gichin FUNAKOSHI, french

Book KARATE JUTSU - La bible du Karate-do, Gichin FUNAKOSHI, Gichin FUNAKOSHI, 19 x 26 cm, 208 pages, french. Rentan Goshin Karate Jutsu.

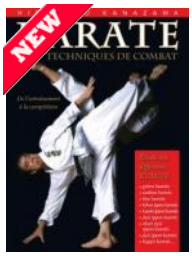
39,90 € [1] *38,37 €* [2]
Ref.: 000768000



Book Les 20 préceptes directeurs du KARATE-DO, GICHIN FUNAKOSHI, french

Book Les vingt préceptes directeurs du karaté-do: Le legs spirituel du maître, Gichin FUNAKOSHI, 14 x 21 cm, 127 pages, french.

13,50 € [1] *12,98 €* [2]
Ref.: 002281000



Book KARATE Techniques de COMBAT, Hirokazu KANAZAWA, french

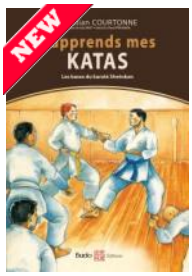
Book KARATE Techniques de COMBAT, by Hirokazu KANAZAWA, 20 x 26,7 cm, 192 pages, FRENCH. Études des différents Kumite: de l'entraînement à la compétition. Écrit par un des maîtres des plus renommé,... (+ info)

34,90 € [1] *33,56 €* [2]
Ref.: 002282000

Book KARATE Intensif - Tremplin vers la ceinture noire, Hirokazu KANAZAWA, french

Book KARATE Intensif - Tremplin vers la ceinture noire, by Hirokazu KANAZAWA, 20 x 26,7 cm, 232 pages, FRENCH. Avec ce livre, Hirokazu Kanazawa, reconnu comme "le... (+ info)

34,90 € [1] *33,56 €* [2]
Ref.: 002283000

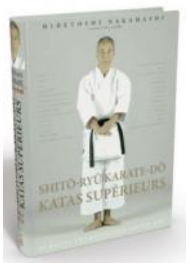


Book Book I Learn My KATAS, Christian COURTONNE, French

Book I Learn My KATAS, Christian COURTONNE, French, 16.5 x 24 cm, 144 pages, Paperback with flaps. Indispensable aux élèves karatékas, enfants comme adultes, ce... (+ info)

20,00 € [1] *19,23 €* [2]
Ref.: 002339000

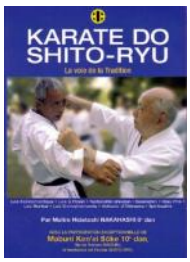
Books
Shito Ryu french



Book SHITO-RYU KARATE-DO ADVANCED KATA, Hidetoshi NAKAHASHI, English and French

Book SHITO-RYU KARATE-DO ADVANCED KATA, Hidetoshi NAKAHASHI, 21 x 30 cm, 400 pages, English and French. Le Shitô-ryû est une école de karaté traditionnel et en tant que telle, elle donne une place... (+ info)

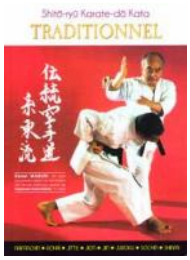
48,90 € [1] *47,02 €* [2]
Ref.: 002082000



Book NAKAHASHI KARATE DO SHITO-RYU La voie de la Tradition, french

Book NAKAHASHI KARATE DO SHITO-RYU La voie de la Tradition, French, by master nakahashi with assistance of master Mabuni Ken'ei Sôke, 17 x 24 cm, 112 pages. A very nice book with beautiful fotos and a very aesthetic... (+ info)

24,50 € [1] *23,56 €* [2]
Ref.: 001074000



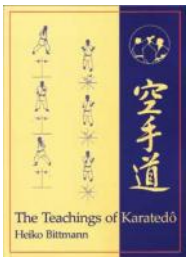
Book MABUNI TRADITIONNEL SHITO RYU KARATE DO, french

Book KARATE-DO TRADITIONNEL SHITO RYU by master Keneï MABUNI, 10th Dan, son of Mabuni Kenwa (founder of the style), 17 x 24 cm, 156 pages, more than 600 photos, french. Mon Pere: Kenwa Mabuni - Les... (+ info)

22,90 € [1] *22,02 €* [2]
Ref.: 000555000

[1] Price for EU countries (VAT included). [2] *Other than EU countries.*

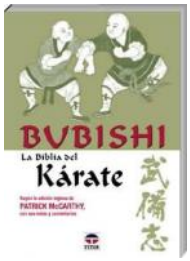
Books
Historical interest



Book The Teachings of Karatedô, Heiko Bittmann, English

Book The Teachings of Karatedô, Heiko Bittmann, English, 15x21 cm, 217 pages. Short version of the German doctoral thesis in the field of Japanology (1998). Presents English translations of texts on the teachings of... (+ info)

25,90 € [1] *24,90 €* [2]
Ref.: 000981000



Book BUBISHI. La Biblia del Karate, Spanish edition

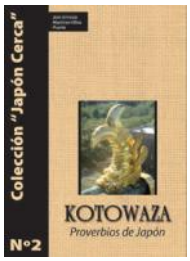
Book BUBISHI. >LA BIBLIA DEL KARATE

20,75 € [1] *19,95 €* [2]
Ref.: 000686000

Book ESTRATEGIAS SAMURÁIS, Boyé Lafayette de Mente, Spanish

Book ESTRATEGIAS SAMURÁIS, Boyé Lafayette de Mente, Spanish. 13,5x19,5 cm, 146 pages: 42 secretos marciales del >Libro de los Cinco Anillos< de Musashi.

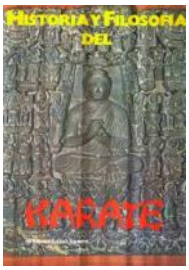
17,50 € [1] *16,83 €* [2]
Ref.: 001036000



Book KOTOWAZA - Proverbios de Japón, José Antonio Martínez-Oliva Puerta, spanish

Book KOTOWAZA - Proverbios de Japón, José Antonio Martínez-Oliva Puerta, español, 14 x 21 cm, 152 páginas. José A. Martínez-Oliva Puerta. Abogado, escritor y traductor de japonés. En su afán por difundir la cultura... (+ info)

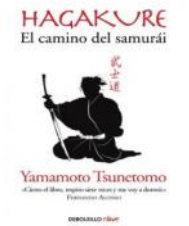
13,90 € [1] *13,37 €* [2]
Ref.: 001660000



Book HISTORIA y FILOSOFIA del KARATE, Hermenegildo Camps, Spanish

Book HISTORIA y FILOSOFIA del KARATE, 352 pages, 15,5 x 21,5 cm, Spanish. By Hermenegildo Camps, 6º Dan. Los orígenes, Egipto y Mesopotamia. Sistemas de lucha de la antigüedad. La India, China. Sistemas de... (+ info)

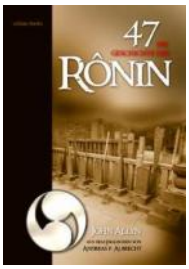
14,90 € [1] *14,33 €* [2]
Ref.: 001770000



Book HAGAKURE El Camino del Samurai, Yamamoto Tsunetomo, Spanish

Book HAGAKURE El Camino del Samurai, Yamamoto Tsunetomo, Spanish. 184 pages. 12,5 x 19 cm. «El mérito en el valor marcial reside en morir por el maestro en vez de batir al enemigo.» HAGAKURE («En la sombra... (+ info)

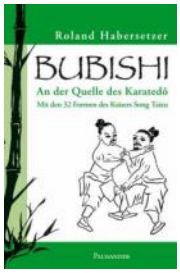
9,95 € [1] *9,57 €* [2]
Ref.: 000959000



Book Die Geschichte der 47 Ronin, John Allyn, german

Book Die Geschichte der 47 Ronin, John Allyn, 288 pages, german. Veredeltes Paperback, ledergenarbte Folienkaschierung. Die Vorlage zum Kinofilm mit Keanu Reeves - 47 Ronin.... (+ info)

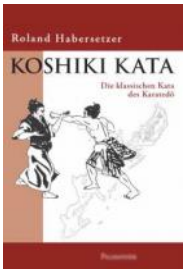
18,00 € [1] *17,31 €* [2]
Ref.: 001805000



Book Bubishi - An der Quelle des Karatedô, R. Habersetzer, german

Book Grundtechniken des Karate - Vom Weißgurt bis zum 1. Dan, R. Habersetzter, german. 320 pages. 21 x 14,5 cm. Mit den 32 Formen des Kaisers Song Taizu. Aus dem Französischen von Frank Elstner. Die Bibel der... (+ info)

24,90 € [1] *23,94 €* [2]
Ref.: 001899000



Book Koshiki Kata - Die klassischen Kata des Karatedô, R.Habersetzer, german

Book Koshiki Kata - Die klassischen Kata des Karatedô, R. Habersetzer, R. Habersetzter, german. 400 pages. 21 x 14,5 cm. 150 Fotos, über 1700 Zeichnungen auf 105 Bildtafeln. Die Koshiki Kata als unendlicher Schatz. Die... (+ info)

24,95 € [1] *23,99 €* [2]
Ref.: 001905000

Book Geschichte und Lehre des Karatedo, Heiko Bittmann, German

Book Geschichte und Lehre des Karatedo by Heiko Bittmann, German, 15x21 cm, 264 pages.

26,38 € [1] *25,37 €* [2]
Ref.: 000687000

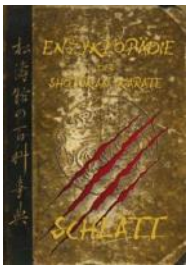
Book HAGAKURE Le livre du samouraï, Tsunetomo YAMAMOTO, french

Book HAGAKURE Le livre du samouraï, Tsunetomo YAMAMOTO, 14 x 21 cm, 232 pages, FRENCH. Traduction de William SCOTT WILSON et Josette NICKELS-GROLIER. Vivre et mourir sans se départir de... (+ info)

14,95 € [1] *14,38 €* [2]
Ref.: 001874000

[1] Price for EU countries (VAT included). [2] *Other than EU countries.*

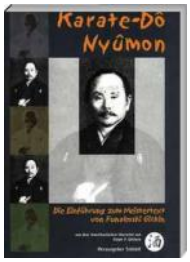
Books
Shotokan german



Book ENZYKLOPÄDIE des Shôtôkan Karate by SCHLATT, german 4. Neuauflage, völlig überarbeitet

Book ENZYKLOPÄDIE DES SHÔTÔKAN KARATE, by SCHLATT, 17,8 x 22,5 cm, 296 pages, german. The Shotokan Karate Dictionary (Japanese-German).

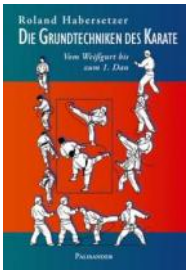
34,50 € [1] *33,17 €* [2]
Ref.: 000534000



Book KARATE-DO NYUMON by MASTER G. FUNAKOSHI, german

Book KARATE-DO NYUMON" by master Gichin FUNAKOSHI, 18 x 26 cm, 136 pages, german. Published in 1943. Power, origins, Karate in the ryukuyu, Chinese hands/Empty hands, masters Azato and Itosu, training... (+ info)

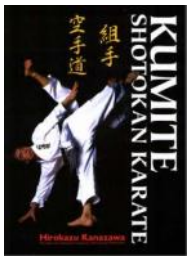
24,50 € [1] *23,56 €* [2]
Ref.: 000775000



Book Grundtechniken des Karate - Vom Weißgurt bis zum 1. Dan, R. Habersetzer, german

Book Grundtechniken des Karate - Vom Weißgurt bis zum 1. Dan, R. Habersetzer, german. 242 pages. 21 x 14,5 cm. Kihon waza für Shôtôkan und Wadô-ryû. Ein Handbuch über die Grundlagen des Karate. Aufgrund der... (+ info)

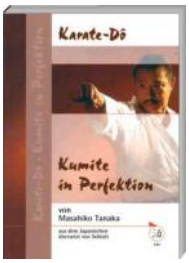
18,50 € [1] *17,79 €* [2]
Ref.: 001580000



Book KUMITE SHOTOKAN KARATE, Hirokazu KANAZAWA, german Hardcover

Book KUMITE SHOTOKAN KARATE, Hirokazu KANAZAWA, hardcover, 19 x 26 cm, 192 pages, german. Das erste vollständige Buch über das Kumite des... (+ info)

24,50 € [1] *23,56 €* [2]
Ref.: 001591000



Book Kumite in Perfektion, M. Tanaka, german

Book KARATE DO KUMITE IN PERFEKTION by master Masahiko TANAKA, 18 x 26 cm, 248 pages, german. Tanaka's Buch kann als eine Weiterführung des 1968 erschienenen Standardwerks "Karate-Do" von M. Nakayama angesehen werden und wurde in erster Linie... (+ info)

34,90 € [1] *33,56 €* [2]
Ref.: 000597000

Book Traditionelles Fudokan Karate - Mein Weg, Prof. Dr. Ilija Jorga, 10th Dan, german

Book Traditionelles Fudokan Karate - Mein Weg, Prof. Dr. Ilija Jorga, 10º Dan, german. Hardcover, 236 pages, 22,5 x 17,5 cm. Dieses Karatebuch von Prof. Dr. Ilja Jorga, beschreibt die grundlegenden physikalischen und... (+ info)

33,90 € [1] *32,60 €* [2]
Ref.: 001617000

Book KARATE IN DER PRAXIS, complete series 6 volumes, Masatoshi NAKAYAMA, german

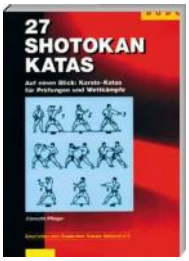
Complete book series KARATE IN DER PRAXIS, volumen 1, 2, 3, 4, 5 and 6 (6 books), Masatoshi NAKAYAMA, 16,5 x 23,5 cm, softcover. Total: 760 pages,... (+ info)

89,50 € [1] *86,06 €* [2]
Ref.: 001726000

Book KARATE IN DER PRAXIS, LIMITED ED. complete series 6 vol., Masatoshi NAKAYAMA, german

Complete book series KARATE IN DER PRAXIS, volumen 1, 2, 3, 4, 5 and 6 (6 books), Masatoshi NAKAYAMA, LIMITIERTE EDITION - Dieses Buch ist auf... (+ info)

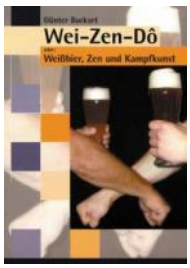
147,50 € [1] *141,83 €* [2]
Ref.: 001728000



Book 27 KATAS SHOTOKAN JKA, by Sensei A. PFLÜGER, german

Book "27 SHOTOKAN KATA", JKA by Albrecht PFLÜGER, 6th Dan. 21 x 30 cm, 88 pages, german. With very detailed drawings are shown all techniques of the 27 Shotokan Kata according to the JKA.

19,90 € [1] *19,13 €* [2]
Ref.: 000486000



Book Wei-Zen-Dô, Günter Burkhart, german

Book Wei-Zen-Dô, Günter Burkart, 120 pages, german. Weizen-Do oder Weißbier, Zen und Kampfkunst. "Wei-Zen-Dô ist eine neue Form der uralten Suche nach Sinn und Einheit", zitiert nach Günter Burkart aus diesem einmaligen Werk zum Thema Weißbier, Zen und Budo.... (+ info)

10,00 € [1] *9,62 €* [2]
Ref.: 001797000

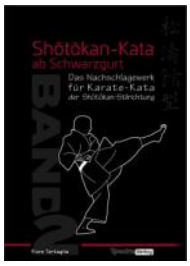
Book Shôtôkan-Kata bis zum Schwarzgurt, Fiore Tartaglia, german Band 1

Book Shôtôkan-Kata bis zum Schwarzgurt - Band 1, Fiore Tartaglia, german. Mit über 1.800 Zeichnungen. Alle Shôtôkan-Kata bis zum Schwarzgut - Kata lernen so einfach wie noch nie! Jede Technik wird mit drei... (+ info)

27,95 € [1] *26,88 €* [2]
Ref.: 001824000

[1] Price for EU countries (VAT included). [2] *Other than EU countries.*

Shotokan german (Cont.)



Book Shôtôkan-Kata ab Schwarzgurt, Fiore Tartaglia, german Band 2

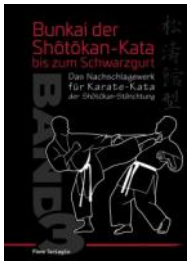
Book Shôtôkan-Kata ab dem Schwarzgurt - Band 2, Fiore Tartaglia, german. Mit über 2.600 Zeichnungen. Alle Shôtôkan-Kata ab Schwarzgut - Kata lernen so einfach wie noch nie! Jede Technik wird mit drei... (+ info)

29,95 € [1] *28,80 €* [2]
Ref.: 001825000

Book Die 26 Shotokan-Kata im Überblick, Fiore Tartaglia, german

Book Die 26 Shotokan-Kata im Überblick, Fiore Tartaglia, german. Handbuch für Karateka, die die Kata bereits kennen und weiter üben wollen. Klare Zeichnungen geben eine schnelle Hilfe, vergessene Abläufe oder... (+ info)

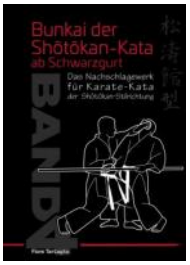
15,95 € [1] *15,34 €* [2]
Ref.: 001826000



Book Bunkai der Shôtôkan-Kata bis zum Schwarzgurt, Fiore Tartaglia, german Band 3

Book Bunkai der Shôtôkan-Kata bis zum Schwarzgurt - Band 3, Fiore Tartaglia, german. 128 Seiten. 11. komplett überarbeitete Auflage von Juli 2019. Umschlag mit Einklapplaschen und partieller Lackierung.... (+ info)

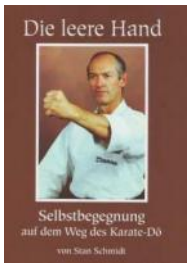
27,96 € [1] *26,88 €* [2]
Ref.: 001827000



Book Bunkai der Shôtôkan-Kata ab Schwarzgurt, Fiore Tartaglia, german Band 4

Book Bunkai der Shôtôkan-Kata ab Schwarzgurt - Band 4, Fiore Tartaglia, german. 164 Seiten. 8. komplett überarbeitete Auflage von Juli 2019. Insgesamt über 2.600 Zeichnungen. Umschlag mit Einklapplaschen und... (+ info)

29,95 € [1] *28,80 €* [2]
Ref.: 001828000



Book Die leere Hand - Selbstbegegnung auf dem Weg des Karate-Dô, Stan Schmidt, german [DS-00041]

Book Die leere Hand - Selbstbegegnung auf dem Weg des Karate-Dô, Stan Schmidt, 280 pages, german. Die inspirierende Autobiographie des höchstrangigen... (+ info)

32,90 € [1] *31,63 €* [2]
Ref.: 001837000

Book Karate-dô Mein Weg, Funakoshi Gichin, german

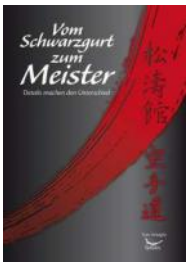
Book Karate-dô Mein Weg, Funakoshi Gichin, 160 pages, german. Das Erbe des "Vaters des modernen Karate". Das Vermächtnis von Meister Funakoshi Gichin ist vielleicht das Wertvollste dessen, was der... (+ info)

17,00 € [1] *16,35 €* [2]
Ref.: 001838000

Book Der Bunkai-Code, Alfred Heubeck, german

Book Der Bunkai-Code, Alfred Heubeck, 196 pages, german, 14,8 x 21 cm. Ein Schlüssel zum Verständnis der Karate-Kata. Alfred Heubeck ist "ein Urgestein des Karate in Deutschland". In diesem Werk zur Kata-Analyse vergleicht er überliefertes Wissen mit den... (+ info)

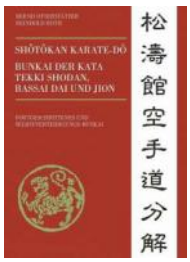
19,00 € [1] *18,27 €* [2]
Ref.: 001869000



Book Vom Schwarzgurt zum Meister, Fiore Tartaglia, german

Book Vom Schwarzgurt zum Meister - Details machen den Unterschied, Fiore Tartaglia, german. 17 x 24 cm. 112 Seiten. Bitte mit vollem Einsatz lesen! Hauptsächlich praxisorientiert, widmet sich dieses Buchh der Vertiefung... (+ info)

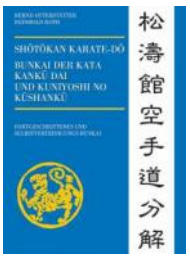
24,95 € [1] *23,99 €* [2]
Ref.: 001880000



Book Shotokan Kata Bunkai, Bernd Otterstätter / Reinhold Roth, german Band 2

Book Shōtōkan Karate-dō (Band 2) Bunkai der Kata Tekki Shodan, Bassai Dai und Jion - Fortgeschrittenes und Selbstverteidigungs-Bunkai, Bernd Otterstätter / Reinhold Roth, Großformat, 1061... (+ info)

18,00 € [1] *17,31 €* [2]
Ref.: 001908000



Book Shotokan Kata Bunkai, Bernd Otterstätter / Reinhold Roth, german Band 3

Book ShÅ•tÅ•kan Karate-dÅ• (Band 3) Bunkai der Kata KankÅ« Dai und Kuniyoshi no KÅ«shankÅ« - Fortgeschrittenes und Selbstverteidigungs-Bunkai, Bernd Otterstätter / Reinhold Roth, Großformat, 1260... (+ info)

18,00 € [1] *17,31 €* [2]
Ref.: 001909000

Book KANAZAWA Im Zeichen des Tigers, Hirokazu KANAZAWA, german

Book KANAZAWA Im Zeichen des Tigers - Eine Autobiographie, 18 x 26 cm, 352 pages, german. (Übersetzung: Dr. Wolfgang Herbert). Klimaneutral gedruckt und fadengeheftet! Dieses Buch liest sich so... (+ info)

33,50 € [1] *32,21 €* [2]
Ref.: 001901000

Book KARATE - Die Kunst der leeren Hand, by Hidetaka NISHIYAMA, German

Book KARATE - Die Kunst der leeren Hand, by Hidetaka NISHIYAMA, German, 18 x 26 cm, 256 pages, german. Von Hidetaka NISHIYAMA & Richard C. Brown, übersetzt von Schlatt. Ganzleinen mit Leseband, gebundene... (+ info)

49,50 € [1] *47,60 €* [2]
Ref.: 000840000

[1] Price for EU countries (VAT included). [2] *Other than EU countries.*

Shotokan german (Cont.)

Book Die Karate-Essenz. Das Handbuch, Fiore Tartaglia, german

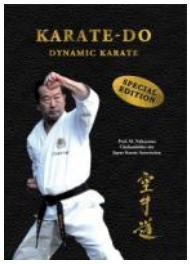
Book Die Karate-Essenz. Das Handbuch, Fiore Tartaglia, Fiore Tartaglia, german. 17 x 24 cm. 304 Seiten. Insgesamt 386 Zeichnungen. Umschlag mit Einklapplaschen und partieller Lackierung.... (+ info)

34,95 € [1] *33,61 €* [2]
Ref.: 002192000

Book GICHINS FAUST Aus den Gründerjahren des Shôtôkan Karate, Konno Bin, german

Book GICHINS FAUST - Aus den Gründerjahren des Shôtôkan Karate, Konno Bin, Dr. Wolfgang Herbert, 14,8 x 21 cm, 298 pages, german. Eine Erzählung des japanischen Erfolgsautors Konno... (+ info)

23,90 € [1] *22,98 €* [2]
Ref.: 002208000



Book Karate-Do DYNAMIC KARATE Special Edition, Masatoshi NAKAYAMA, german Hardcover

Book KARATE-DO DYNAMIC KARATE, Masatoshi NAKAYAMA Special Edition, hardcover, 19 x 26 cm, 308 pages, german. NEU! Endlich ist sie da, die Neuauflage des Klassikers... (+ info)

29,50 € [1] *28,37 €* [2]
Ref.: 001586000

Book Karatedo Kyohan, Lehrmuster des Weges der leeren Hand, Funakoshi Gichin, german

Book Karatedo Kyohan, Lehrmuster des Weges der leeren Hand, Funakoshi Gichin, 382 pages, german. Herausgegeben, eingeleitet und annotiert von Heiko Bittmann und Peter Kuhn, über 300 Abbildungen.... (+ info)

28,95 € [1] *27,84 €* [2]
Ref.: 002252000

Book NAKA TATSUYA Zentrale Konzepte des Budô-Karate, german

Book Zentrale Konzepte des Budô-Karate, NAKA TATSUYA, übersetzt aus dem Japanischen ins Deutsche von Dr. Sven Matthiessen, 14,8 x 21 cm, 298 pages,... (+ info)

33,90 € [1] *32,60 €* [2]
Ref.: 002271000

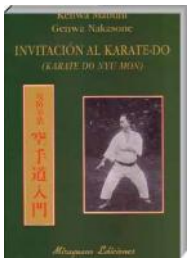
Book NAKA TATSUYA Meine Entdeckung des Karate-dō, german

Book Meine Entdeckung des Karate-do, NAKA TATSUYA, übersetzt aus dem Japanischen ins Deutsche von Dr. Sven Matthiessen, 14,8 x 21 cm, 248 pages,... (+ info)

33,90 € [1] *32,60 €* [2]
Ref.: 002321000

Books

Shito Ryu spanish



Book MABUNI Kenwa NAKASONE Genwa KARATE-DO NYUMON, Spanish

Book INVITACIÓN AL KARATE-DO (KARATE DO NYU MON) by Kenwa MABUNI y Genwa NAKASONE, 17 x 24 cm, 205 pages, Spanish. El espíritu japonés y la enseñanza de las artes marciales. El Karate-Do como... (+ info)

19,50 € [1] *18,75 €* [2]
Ref.: 000824000

Book SHITO RYU KARATE DO: Historia, filosofía, katas, Luis Alberto García Espada, spanish

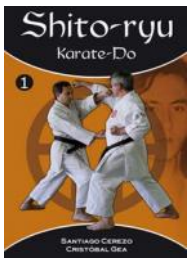
Book SHITO RYU KARATE DO: Historia, filosofía, katas, Luis Alberto García Espada, Spanish, Size: 21 x 29,7 cm. 193 pages. El autor es licenciado en Medicina Tradicional China por la universidad de MTC de Beijing.... (+ info)

30,50 € [1] *29,33 €* [2]
Ref.: 001246000

Book La Huella del Karate-Do, Alerta y vigilia by José Fdo. Mtnez. Serrano, Spanish

Book La Huella del Karate-Do, Alerta y vigilia by José Fernando Martínez Serrano, 124 pages, 17 x 24 cm, Spanish. Una obra fundamental para comprender el espíritu que anima esta arte marcial milenario.... (+ info)

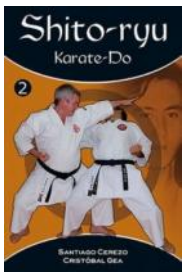
16,90 € [1] *16,25 €* [2]
Ref.: 001290000



Book SHITO-RYU KARATE-DO 1, Santiago Cerezo, Cristóbal Gea, Spanish

Book SHITO-RYU KARATE-DO 1, Santiago Cerezo, Cristóbal Gea, 136 pages, 14 x 21 cm, Spanish. Santiago Cerezo (Nanadan por la Unión Shito-Ryu España y Rokudan por la World Shito-Ryu Karate-Do... (+ info)

13,50 € [1] *12,98 €* [2]
Ref.: 001443000



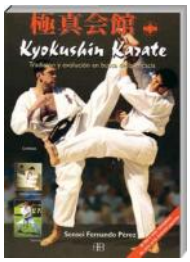
Book SHITO-RYU KARATE-DO 2, Santiago Cerezo, Cristóbal Gea, Spanish

Book SHITO-RYU KARATE-DO 2, Santiago Cerezo, Cristóbal Gea, 178 pages, 14 x 21 cm, Spanish. Santiago Cerezo (Nanadan por la Unión Shito-Ryu España y Rokudan por la World Shito-Ryu Karate-Do... (+ info)

15,75 € [1] *15,14 €* [2]
Ref.: 001937000

[1] Price for EU countries (VAT included). [2] *Other than EU countries.*

Books
Kyokushinkai



Book Kyokushin Karate (Combate, Rompimientos, Técnica), Fernando Pérez, Spanish

Book Kyokushin Karate (Combate, Rompimientos, Técnica), Fernando Pérez, Spanish. 284 pages. 17 x 24 cm. Historia y filosofía, Etiqueta en el dojo, La condición física, Principios técnicos, El Kata, La competición, etc...

20,50 € [1] *19,71 €* [2]
Ref.: 000784000

Book KARATE-DO KYOKUSHINKAI, Armand Sancho, Spanish Vol.1 Vol.2

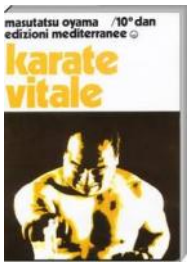
Book series KARATE-DO KYOKUSHINKAI, Armand Sancho, 5th Dan, Spanish. Vol.1: 320 pages. Técnica, Kata, aplicaciones y programa de grados. Orígenes del Karate y los principios básicos que rigen las técnicas y el... (+ info)

19,90 € [1] *19,13 €* [2] each
Ref.: 001479000

Book Bertrand KRON, KYOKUSHIN KATA ENCYCLOPAEDIA, french

Book KYOKUSHIN KATA ENCYCLOPAEDIA, French, by Bertrand KRON, 29,7 x 21 cm, 272 pages. Plus de 2700 photos! TAIKYOKU - TAIKYOKU SOKUGI - TAIKYOKU URA - PINAN - PINAN URA - SANCHIN NO KATA -... (+ info)

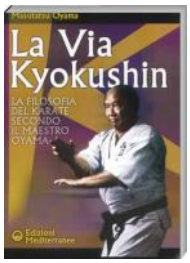
38,90 € [1] *37,40 €* [2]
Ref.: 001943000



Book KARATE VITALE, Mas. Oyama, italian

Book KARATE VITALE, Mas. Oyama, italian, 128 pages

18,75 € [1] *18,03 €* [2]
Ref.: 000621000



Book La Via Kyokushin, Masutatsu Oyama, italian

Book La Via Kyokushin, Masutatsu Oyama, italian, 114 pages

18,75 € [1] *18,03 €* [2]
Ref.: 000749000

Books
Goju Ryu japanese

Book The Old Style Goju Ryu Kenpo, Yoshio Kuba, vol.2, japanese + DVD NTSC (BOK-382)

BOOK + DVD: COLLECTORS EDITION: Pack Book + DVD: The Old Style Goju Ryu Kenpo, master Yoshio KUBA, Japanese only! Size: 26x18.5cm, 232 pages. DVD (61 min.): Professional image quality showing the... (+ info)

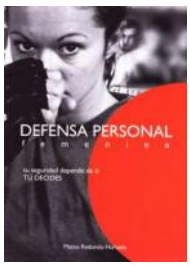
107,40 € [1] *103,27 €* [2]
Ref.: 001210000

Book The Old Style Goju Ryu Kenpo, Yoshio Kuba, vol.3, japanese + DVD NTSC (BOK-383)

BOOK + DVD: COLLECTORS EDITION: Pack Book + DVD: The Old Style Goju Ryu Kenpo, vol.3, master Yoshio KUBA, Japanese only! Size: 26x18.5cm, 230 pages. DVD (90 min.): Professional image quality... (+ info)

107,40 € [1] *103,27 €* [2]
Ref.: 001760000

Books
Self Defense



Book DEFENSA PERSONAL femenina, Mateo Redondo Hurta, Spanish

Book DEFENSA PERSONAL femenina - tu seguridad depende de ti - TÚ DECIDES, Mateo Redondo Hurtado, Spanish. 15x21 cm, 116 pages. Obra reducida en dimensiones pero con un claro mensaje, muy gráfico y... (+ info)

13,90 € [1] *13,37 €* [2]
Ref.: 001582000

[1] Price for EU countries (VAT included). [2] *Other than EU countries.*

Books
Shotokan italian

Book SUPER KARATE M.NAKAYAMA, italiano Vol.7

Book series SUPER KARATE, by Masatoshi NAKAYAMA, 9th Dan, 15 x 22 cm, 140 pages, italian. Vol.1: Compendio. Vol.2: Fundamentos Vol.3: Kumite 1. Vol.4: Kumite 2. Vol.5: Heian y Tekki. Vol.6: Bassai-dai,... (+ info)

17,50 € [1] *16,83 €* [2] each
Ref.: 000507012

Book SUPER KARATE M.NAKAYAMA, italiano Vol.8

Book series SUPER KARATE, by Masatoshi NAKAYAMA, 9th Dan, 15 x 22 cm, 140 pages, italian. Vol.1: Compendio. Vol.2: Fundamentos Vol.3: Kumite 1. Vol.4: Kumite 2. Vol.5: Heian y Tekki. Vol.6: Bassai-dai,... (+ info)

17,50 € [1] *16,83 €* [2] each
Ref.: 000507013

Book SUPER KARATE M.NAKAYAMA, italiano Vol.2

Book series SUPER KARATE, by Masatoshi NAKAYAMA, 9th Dan, 15 x 22 cm, 140 pages, italian. Vol.1: Compendio. Vol.2: Fundamentos Vol.3: Kumite 1. Vol.4: Kumite 2. Vol.5: Heian y Tekki. Vol.6: Bassai-dai,... (+ info)

17,50 € [1] *16,83 €* [2] each
Ref.: 000507014

Book SUPER KARATE M.NAKAYAMA, italiano Vol.1

Book series SUPER KARATE, by Masatoshi NAKAYAMA, 9th Dan, 15 x 22 cm, 140 pages, italian. Vol.1: Compendio. Vol.2: Fundamentos Vol.3: Kumite 1. Vol.4: Kumite 2. Vol.5: Heian y Tekki. Vol.6: Bassai-dai,... (+ info)

17,50 € [1] *16,83 €* [2] each
Ref.: 000507001

Book SUPER KARATE M.NAKAYAMA, italiano Vol.3

Book series SUPER KARATE, by Masatoshi NAKAYAMA, 9th Dan, 15 x 22 cm, 140 pages, italian. Vol.1: Compendio. Vol.2: Fundamentos Vol.3: Kumite 1. Vol.4: Kumite 2. Vol.5: Heian y Tekki. Vol.6: Bassai-dai,... (+ info)

17,50 € [1] *16,83 €* [2] each
Ref.: 000507003

Book SUPER KARATE M.NAKAYAMA, italiano Vol.4

Book series SUPER KARATE, by Masatoshi NAKAYAMA, 9th Dan, 15 x 22 cm, 140 pages, italian. Vol.1: Compendio. Vol.2: Fundamentos Vol.3: Kumite 1. Vol.4: Kumite 2. Vol.5: Heian y Tekki. Vol.6: Bassai-dai,... (+ info)

17,50 € [1] *16,83 €* [2] each
Ref.: 000507004

Book SUPER KARATE M.NAKAYAMA, italiano Vol.5

Book series SUPER KARATE, by Masatoshi NAKAYAMA, 9th Dan, 15 x 22 cm, 140 pages, italian. Vol.1: Compendio. Vol.2: Fundamentos Vol.3: Kumite 1. Vol.4: Kumite 2. Vol.5: Heian y Tekki. Vol.6: Bassai-dai,... (+ info)

17,50 € [1] *16,83 €* [2] each
Ref.: 000507005

Book SUPER KARATE M.NAKAYAMA, italiano Vol.6

Book series SUPER KARATE, by Masatoshi NAKAYAMA, 9th Dan, 15 x 22 cm, 140 pages, italian. Vol.1: Compendio. Vol.2: Fundamentos Vol.3: Kumite 1. Vol.4: Kumite 2. Vol.5: Heian y Tekki. Vol.6: Bassai-dai,... (+ info)

17,50 € [1] *16,83 €* [2] each
Ref.: 000507006

Book SUPER KARATE M.NAKAYAMA, italiano Vol.9

Book series SUPER KARATE, by Masatoshi NAKAYAMA, 9th Dan, 15 x 22 cm, 140 pages, italian. Vol.1: Compendio. Vol.2: Fundamentos Vol.3: Kumite 1. Vol.4: Kumite 2. Vol.5: Heian y Tekki. Vol.6: Bassai-dai,... (+ info)

17,50 € [1] *16,83 €* [2] each
Ref.: 000507009

Book SUPER KARATE M.NAKAYAMA, italiano Vol.10

Book series SUPER KARATE, by Masatoshi NAKAYAMA, 9th Dan, 15 x 22 cm, 140 pages, italian. Vol.1: Compendio. Vol.2: Fundamentos Vol.3: Kumite 1. Vol.4: Kumite 2. Vol.5: Heian y Tekki. Vol.6: Bassai-dai,... (+ info)

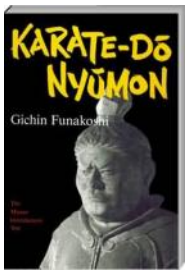
18,50 € [1] *17,79 €* [2] each
Ref.: 000507010

Book SUPER KARATE M.NAKAYAMA, italiano Vol.11

Book series SUPER KARATE, by Masatoshi NAKAYAMA, 9th Dan, 15 x 22 cm, 140 pages, italian. Vol.1: Compendio. Vol.2: Fundamentos Vol.3: Kumite 1. Vol.4: Kumite 2. Vol.5: Heian y Tekki. Vol.6: Bassai-dai,... (+ info)

18,50 € [1] *17,79 €* [2] each
Ref.: 000507011

[1] Price for EU countries (VAT included). [2] *Other than EU countries.*



Book KARATE-DO NYUMON by MASTER G. FUNAKOSHI, Italian

Book KARATE-DO NYUMON" by master Gichin FUNAKOSHI, italian. 123 pages. 21 x 27 cm. Published in 1943. La forza del karate, Le origini, Il karate nelle isole Ryukyu, Mani cinesi, mani vuote, Il Maestro Azato, Il... (+ info)

18,98 € [1] *18,25 €* [2]
Ref.: 000747000

Book Il sistema stilistico Shotokan, Massimo Braglia, Italian

Book Il sistema stilistico ShÅ•tÅ•kan, Massimo Braglia, 30 x 23 cm, Italian. 620 pages! More than 800 color images! Dalle indagini riassunte in questo volume ho dedotto nuove teorie sulle origini e sugli sviluppi storici... (+ info)

129,50 € [1] *124,52 €* [2]
Ref.: 001933000

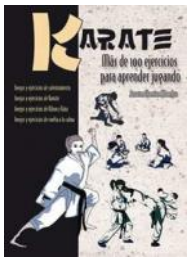
Books

Learning with games spanish

Book Los Juegos en las clases de Karate, Manuel Capetillo Blanco, spanish

Book Los Juegos en las clases de Karate, Manuel Capetillo Blanco, 17 x 23,5 cm, 138 pages, spanish. Manuel Capetillo es 5º Dan de Karate, maestro especialista en educación física y alumno de Jose... (+ info)

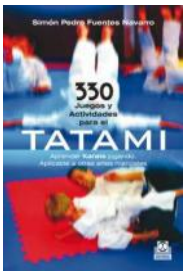
27,46 € [1] *26,40 €* [2]
Ref.: 001595000



Book KARATE - Más de 100 ejercicios para aprender jugando, Jonatan Huertas, spanish

Book KARATE - Más de 100 ejercicios para aprender jugando, Jonatan Huertas Alhambra, 17 x 23,5 cm, 206 pages, spanish. El objetivo de este libro es contribuir a las sesiones de Artes Marciales mostrando una visión... (+ info)

30,90 € [1] *29,71 €* [2]
Ref.: 001706000



Book 330 JUEGOS Y ACTIVIDADES PARA EL TATAMI, Simón Pedro Fuentes Navarro, spanish

Book 330 JUEGOS Y ACTIVIDADES PARA EL TATAMI por Simón Pedro Fuentes Navarro, 6th Dan., Entrenador y Juez nacional. Size: 15 x 21,5 cm. 218 pages - Spanish. Recomendamos este libro porque es una... (+ info)

20,90 € [1] *20,10 €* [2]
Ref.: 001708000

Book MI PRIMER LIBRO DE KARATE, Simón Pedro Fuentes Navarro, spanish

Book MI PRIMER LIBRO DE KARATE por Simón Pedro Fuentes Navarro, 6th Dan., Entrenador y Juez nacional. Size: 21 x 29 cm. 82 pages - Spanish. Este libro es una sencilla y divertida guía didáctica pra aprender a través... (+ info)

26,50 € [1] *25,48 €* [2]
Ref.: 002077000

Book Kat Karateka 1 y el Kata Club, J.C. Bonache, Inés Masip, Sandra Sánchez, Spanish

Book Kat Karateka y el Kata Club (Kat Karateka 1), by Juan Carlos Bonache, Inés Masip y Sandra Sánchez (Karate World Champion WKF), 128 pages, 14 x 20 cm, Spanish. ¡Diviértete y aprende con las aventuras de Kat,... (+ info)

10,95 € [1] *10,53 €* [2]
Ref.: 002268000

Book Kat Karateka 2 y el gran combate, J.C. Bonache, Inés Masip, Sandra Sánchez, Spanish

Book Kat Karateka y el gran combate (Kat Karateka 2), by Juan Carlos Bonache, Inés Masip y Sandra Sánchez (Karate World Champion WKF), 128 pages, 14 x 20 cm, Spanish. ¡Diviértete y aprende con las aventuras de Kat,... (+ info)

10,95 € [1] *10,53 €* [2]
Ref.: 002269000

Book Kat Karateka 3 y el jade encantado, J.C. Bonache, Inés Masip, Sandra Sánchez, Spanish

Book Kat Karateka y el jade encantado (Kat Karateka 3), by Juan Carlos Bonache, Inés Masip y Sandra Sánchez (Karate World Champion WKF), 128 pages, 14 x 20 cm, Spanish. ¡Diviértete y aprende con las aventuras de Kat,... (+ info)

10,95 € [1] *10,53 €* [2]
Ref.: 002270000

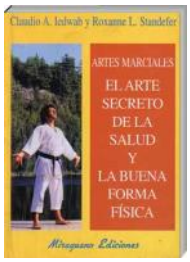
Book KARATE Descubriendo el Camino, Cristina Ortiz, Spanish

Book KARATE Descubriendo el Camino, Cristina Ortiz, Spanish. 15 x 21 cm, 93 pages. El karate es un camino apasionante que desde tiempos inmemoriales ha despertado el interés de aquellos curiosos que pretenden... (+ info)

15,45 € [1] *14,86 €* [2]
Ref.: 002291000

[1] Price for EU countries (VAT included). [2] *Other than EU countries.*

Books
Physical training



Book Artes Marciales El Arte Secreto de la Salud y La Buena Forma Física, Spanish

Book Artes Marciales El Arte Secreto de la Salud y La Buena Forma Física, 17 x 24 cm, 256 pages, Spanish. Las Artes Marciales son algo más que un conjunto de técnicas aplicadas al lanzamiento de patadas y... (+ info)

19,50 € [1] *18,75 €* [2]
Ref.: 000860000

Book Tigersturz und Ringerbrücke Effektive Trainingsmethoden, Albrecht & Rudolph, german [DS-06797]

Book Tigersturz und Ringerbrücke: Effektive Trainingsmethoden der Kampfkünste, Maik Albrecht/Frank Rudolph, german. 304 pages. 21 x 14,5... (+ info)

18,50 € [1] *17,79 €* [2]
Ref.: 001870000

Book Die verschollenen Traditionen des Okinawa Karate, Jamal Measara, German [DS-06797]

Book Die verschollenen Traditionen des Okinawa Karate, Jamal Measara, German ISBN 978-3-938305-11-9 160 Seiten, ca. 280... (+ info)

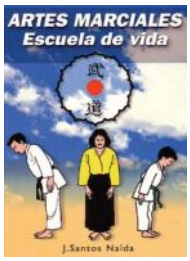
21,50 € [1] *20,67 €* [2]
Ref.: 002361000

Books
Spirituality

Book ZEN - Un camino hacia tí mismo, by José Santos Nalda, Spanish.

Book ZEN - Un camino hacia tí mismo, by José Santos Nalda, 127 pages, 17 x 24 cm, Spanish. Conocimientos más importantes de esta filosofía de vida. De manera intuitiva se exponen los principios para una vida... (+ info)

9,50 € [1] *9,13 €* [2]
Ref.: 000685000



Book ARTES MARCIALES - Escuela de Vida, by José Santos Nalda, Spanish.

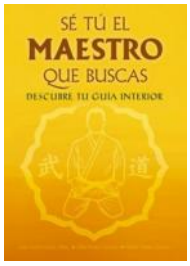
Book ARTES MARCIALES - Escuela de Vida, by José Santos Nalda, 144 pages, 17 x 24 cm, Spanish. Un ameno trabajo de José Santos Nalda para comprender la transformación de las artes de la guerra (Bu-Jutsu) en... (+ info)

12,90 € [1] *12,40 €* [2]
Ref.: 001364000

Book ENTRENAMIENTO INVISIBLE PARA BUDOKAS, by José Santos Nalda, Spanish.

Book ENTRENAMIENTO INVISIBLE PARA BUDOKAS, by J. Santos Nalda Albiac, Natalia Nalda Gimeno, Pablo Nalda Gimeno, 160 pages, 17 x 23,5 cm, Spanish. Los deportistas de nivel olímpico así como todas las... (+ info)

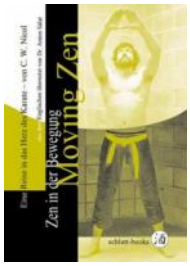
15,50 € [1] *14,90 €* [2]
Ref.: 001950000



Book SÉ TU EL MAESTRO QUE BUSCAS, J. Santos Nalda Albiac, Spanish

Book SÉ TU EL MAESTRO QUE BUSCAS, J. Santos Nalda Albiac, Natalia Nalda Gimeno, Pablo Nalda Gimeno, 226 pages, 17 x 23,5 cm, Spanish. El profesor, o el maestro de un arte marcial, toma con... (+ info)

18,50 € [1] *17,79 €* [2]
Ref.: 002142000



Book Zen in der Bewegung - Moving Zen, C.W. Nicol, german

Book Zen in der Bewegung - Moving Zen, C.W. Nicol, 210 pages, german. Veredeltes Paperback, ledergenarbte Folienkaschierung, 17 Radierungen von Munehiro... (+ info)

16,50 € [1] *15,87 €* [2]
Ref.: 001803000

Book Pinsel und Schwert, Dave Lowry, german

Book Pinsel und Schwert, Dave Lowry, Übersetzung von Hendrik Felber, 176 pages, german. Veredeltes Paperback, ledergenarbte Folienkaschierung. Pinsel und Schwert sind Werkzeuge der Samurais um sich in Präsenz zu üben. Es handelt sich um zwei der... (+ info)

16,00 € [1] *15,38 €* [2]
Ref.: 001806000

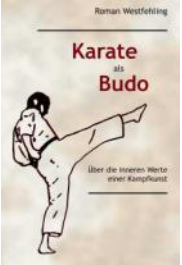
Book Der Pfad der Flexibilitätr, Fiore Tartaglia, german

Book Der Pfad der Flexibilität - Eine Auseinandersetzung mit den japanischen Kampfkünsten und deren geistiger Übertragung in den Alltag, Fiore Tartaglia, german. DIN A5. 176 Seiten. Wer eine Kampfkunst trainiert, zeichnet... (+ info)

18,95 € [1] *18,22 €* [2]
Ref.: 001888000

[1] Price for EU countries (VAT included). [2] *Other than EU countries.*

Spirituality (Cont.)



Book Karate als Budo, Roman Westfehling, german

Book Karate als Budo - über die inneren Werte einer Kampfkunst, Roman Westfehling, 240 pages, german. Dieses Buch möchte Lücken schließen und Licht in dunkle Ecken der Erkenntnis bringen, offene Fragen... (+ info)

17,00 € [1] *16,35 €* [2]
Ref.: 001907000

Book L'ESPRIT MARTIAL, Kazumi TABATA, french

Book L'ESPRIT MARTIAL -de la force mentale à la stratégie du combat-, by Kazumi TABATA, 14 x 21 cm, 288 pages, FRENCH. La vie est adversité. Il est un moment où l'éducation, la... (+ info)

16,50 € [1] *15,87 €* [2]
Ref.: 001556000

[1] Price for EU countries (VAT included). [2] *Other than EU countries.*