



Black Belt Karate

Chris Thompson

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Once a student of karate obtains his or her black belt, what's next? For too many students, the black belt marks the end of serious training. In *Black Belt Karate*, noted karate instructor and 8th-dan black belt Chris Thompson explains that real *yudansha* (black belt level) is not just about physical prowess but about self-improvement, and that because of this, further study is vital for all students. The rank should not be the goal, Thompson says—everyone has something more they can learn. Neither a beginner's guide nor a manual of advanced techniques, *Black Belt Karate* is both inspirational and informative for students of all levels. The book sheds light on the world of international karate, providing a solid history of the basic schools of karate and their development, and details the WKF (World Karate Federation) rules and traditions that govern the sporting element of the discipline. Drawing on years of study with senior sensei in Japan, Thompson describes every aspect of karate training in clear, simple language, including detailed exercises and stretches to warm up and cool down. Beautiful color photographs demonstrate step-by-step sequences of forms.

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