

Download Kenpo Karate Law Of The Fist And Empty Hand

This older [Ed Parker] Kenpo Karate classic is getting rare nowadays. "Kenpo Karate, Law of the Fist and the Empty Hand" by Ed Parker, presents an older version of Hawaii Kenpo Karate -- from before the days of [Ed Parker] "Chinese Kenpo" or even later [Ed Parker] "American Kenpo". In 1960, Senior Grandmaster Ed Parker Sr. first book, entitled, Kenpo Karate, Law of the Fist and the Empty Hand was completed and published. Mr. The essentials of Kenpo training are in its techniques. Kenpo Karate, as with Kenpo Jujitsu, has over 700 distinct self-defense techniques, in addition to blocks (originally strikes) and 72 kicks. Kenpo is a Japanese unarmed fighting art that was brought from China to Japan about 700 years ago by the Yoshida Clan and was quickly adopted by the Komatsu Clan.