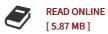


## San Ten No Kata: Kihon Drills of San Ten Karate (Paperback)

By Vincent A Cruz

iUniverse, United States, 2003. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. The San Ten no Kata, by Sensei Vincent A. Cruz, is a series of five drills for students of Shotokan karate. The drills introduce all of the techniques used in the traditional Shotokan katas in a natural sequence of study that progresses from white belt to black belt levels. Each drill exercises ten specific hand and foot techniques, with an emphasis on balanced development on the left and right sides. Each drill is similar to a vigorous 100-step kata. San Ten dojos use the San Ten no Kata drills as basic instruction, as warm-up exercises, as tests, and for spirit training.



## Reviews

A top quality publication along with the font used was intriguing to read. I really could comprehended everything using this written e ebook. Its been designed in an remarkably straightforward way and it is only after i finished reading through this publication by which basically altered me, modify the way i believe.

-- Cathrine Larkin Sr.

Very useful to all of group of people. I actually have read through and so i am certain that i will planning to study yet again once again down the road. I am just very easily can get a satisfaction of looking at a created book.

-- Mark Bernier