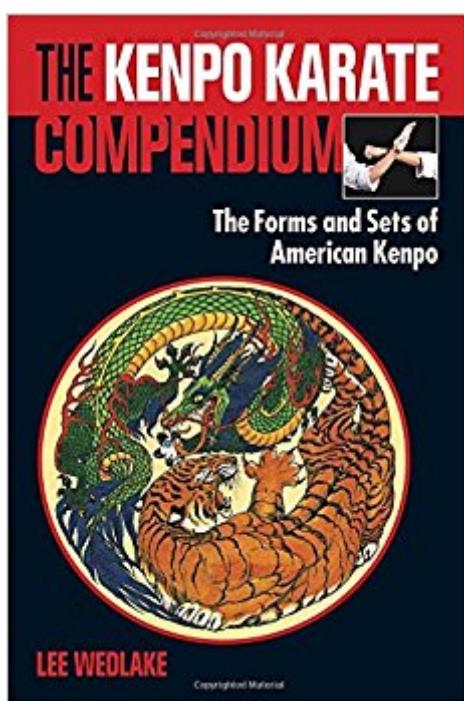


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# The Kenpo Karate Compendium: The Forms And Sets Of American Kenpo



## Synopsis

The Kenpo Karate Compendium details the forms of American Kenpo as prescribed by the "Father of American Karate," Ed Parker. Author Lee Wedlake, 9th degree black belt, world-class instructor and competitor, brings his acclaimed training and teaching experience to bear in this unique resource for all who practice and teach American Kenpo and its offshoot systems. The American Kenpo system is taught worldwide and this reference will become a standard for thousands of Kenpo practitioners in various lineages. It will also serve as a stimulus for all martial artists by providing a sense of the logical framework of American Kenpo. Having collected the general rules of motion and the numerous fine points of Kenpo, the book is a standout in the genre. A comprehensive treatment of the Kenpo Karate system provides a progression of teaching curricula for beginning, intermediate, and advanced students and instructors. COVERS history, fundamentals, forms, solo and partner practice, and advanced technical skills. INCLUDES over 450 black and white photos detailing forms and techniques. SOMETHING FOR ALL STUDENTS, whether pursuing martial arts for health, competition, self-defense, or personal improvement.

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Capstone--The Thesis Form

General rules of motion

Recommended Reading

About the Author

## Book Information

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## Customer Reviews

Ã¢ "Not only has Lee Wedlake been there and done that for more than forty years, but he was exceptionally attentive and took copious notes. Without doubt, Lee Wedlake's The Kenpo Karate Compendium will be one of the most significant and beneficial resources available to Kenpoists worldwide.Ã¢ "Rich Hale, Senior Professor and President, Ohana Kenpo Karate Association Ã¢ "Lee Wedlake has been in service to the Kenpo community for years with his written material. This book will be a go-to reference for students and teachers in the years to come.Ã¢ "Bob White, 9th degree black belt, Kenpo Karate Ã¢ "Professor Lee Wedlake is the consummate martial artist and teacher. I highly endorse his work.Ã¢ "Dr. Ron ChapÃfÃ©l "Mr. Wedlake conveys his martial authority in amusing and practical ways. This volume deserves consideration and will rivet your attention." Ã¢ "Tom Baeli, TÃ¢, cai Chi Instructor. Ã¢ "I am constantly amazed at how Lee Wedlake puts together a body of work that not only educates, but provides the logic of the art of Kenpo. This book will inspire to succeed!Ã¢ "Stephen LaBounty, 9th degree black belt Ã¢ "Ã¢ "This book is an invaluable aid to understanding the forms and sets of American Kenpo, written by someone who truly understands the structure and nature of the subject matter contained within. If you are a serious student of Kenpo then this book is a must for your Kenpo library.Ã¢ "Gary Ellis, 8th Degree Black Belt, Associate Master of the Art of Kenpo Karate

Ninth degree black belt in Kenpo Karate noted in Tom Bleecker's The Journey as one of the world's most proficient kenpoists, with a Bachelor's degree in Criminal Justice from University of Illinois, LEE WEDLAKE, on the Board of Directors of the World Registry of Black Belts, Organization and Federations, is recognized by the Shidokan International group as Hanshi, Chief Grandmaster Instructor; and is a senior advisor to Progressive Kenpo Systems.

A solid description of the forms of American Kenpo. Could have used more photos and diagrams. The symbols used in what does exist are a bit esoteric. Despite the above criticisms, it is definitely worth the purchase and close study, as it will yield information and will improve your performance of the highly specialized forms of this modern martial art.

The book is full of interesting and valuable information in regards to kenpo. Easy to follow and since I am more of a visual learner the pictures come in handy. Thx!

Grandmaster Parker always writes an excellent book!

what else could be said about a true master of the arts !each book of Mr.Wedlake take you on a journey in the art of Kenpo Karate,as a white belt just starting, or a black belt traveling the road to higher learning.each will get a look inside of one of the great minds in Kenpo Karate.

None

Great for Kenpoists. I have read Mr Wedlake's Kenpo 101 to 401. Great resources to have the forms written and detailed with little pieces of wisdom.

Excelente.

great book

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Kenpo For Beginners: How To Master The Moves & Mindset Of Kenpo Karate (Kenpo, Jeet Kune Do, MMA, Kempo Karate) The Kenpo Karate Compendium: The Forms and Sets of American Kenpo Shoto's Traditional Karate Kai: My Life, My Art, In Karate And Tai-Chi Small Stage Sets on Tour: A Practical Guide to Portable Stage Sets Arnold Schoenberg: Notes, Sets, Forms (Music in the Twentieth Century) The Zuni Cafe Cookbook: A Compendium of Recipes and Cooking Lessons from San Francisco's Beloved Restaurant: A Compendium of Recipes and Cooking Lessons from San Francisco's Beloved Restaurant Rules Compendium: An Essential Dungeons & Dragons Compendium Business and Legal Forms for Fine Artists (Business and Legal Forms Series) Business and Legal Forms for Theater, Second Edition (Business and Legal Forms Series) Business and Legal Forms for Illustrators (Business and Legal Forms Series) Pharmaceutical Dosage Forms: Tablets, Third Edition (Three-Volume Set): Pharmaceutical Dosage Forms: Tablets, Volume 1, Second Edition Parting the Clouds - The Science of the Martial Arts: A Fighter's Guide to the Physics of Punching and Kicking for Karate, Taekwondo, Kung Fu and the Mixed Martial Arts Karate (Martial and Fighting Arts) Shotokan's Secret: The Hidden Truth Behind Karate's

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