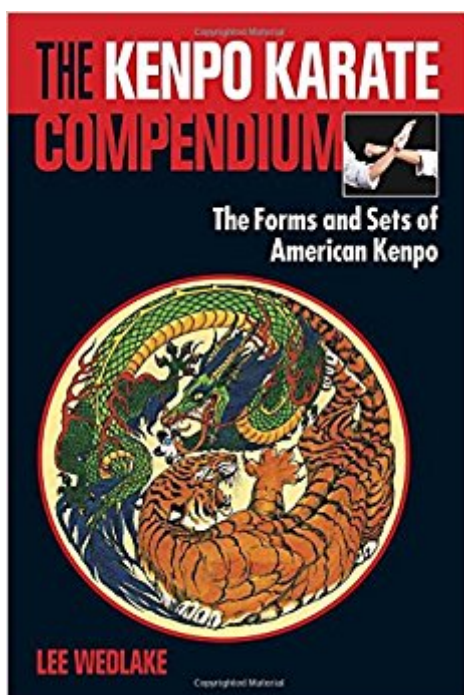


The book was found

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

• Table of Contents Introduction Preface Chapter 1: What the Beginner and the Black Belt Should Know Chapter 2: The Basics and Exercise Forms: Short and Long 1 and Short and Long 2 Chapter 3: The Intermediate Forms: Short Form Three and Long Form Three Chapter 4: Form Four Chapter 5: Form Five Chapter 6: Form Six Chapter 7: Form Seven Chapter 8: Form Eight Chapter 9: The Sets Now What? Legal viewpoint by Frank Triolo Capstone--The Thesis Form General rules of motion Recommended Reading About the Author

Book Information

Paperback: 384 pages

Publisher: Blue Snake Books (January 13, 2015)

Language: English

ISBN-10: 1583948511

ISBN-13: 978-1583948514

Product Dimensions: 6.2 x 0.9 x 9 inches

Shipping Weight: 1.3 pounds (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 stars 24 customer reviews

Best Sellers Rank: #394,025 in Books (See Top 100 in Books) #279 in Books > Reference > Encyclopedias & Subject Guides > Sports #328 in Books > Sports & Outdoors >

Customer Reviews

“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.

• Rich Hale, Senior Professor and President, Ohana Kenpo Karate Association “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.

• Bob White, 9th degree black belt, Kenpo Karate “Professor Lee Wedlake is the consummate martial artist and teacher. I highly endorse his work.

• Dr. Ron Chapman “Mr. Wedlake conveys his martial authority in amusing and practical ways. This volume deserves consideration and will rivet your attention.”

• Tom Baeli, Tai Chi Instructor. “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!

• Stephen LaBounty, 9th degree black belt “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.

• 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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