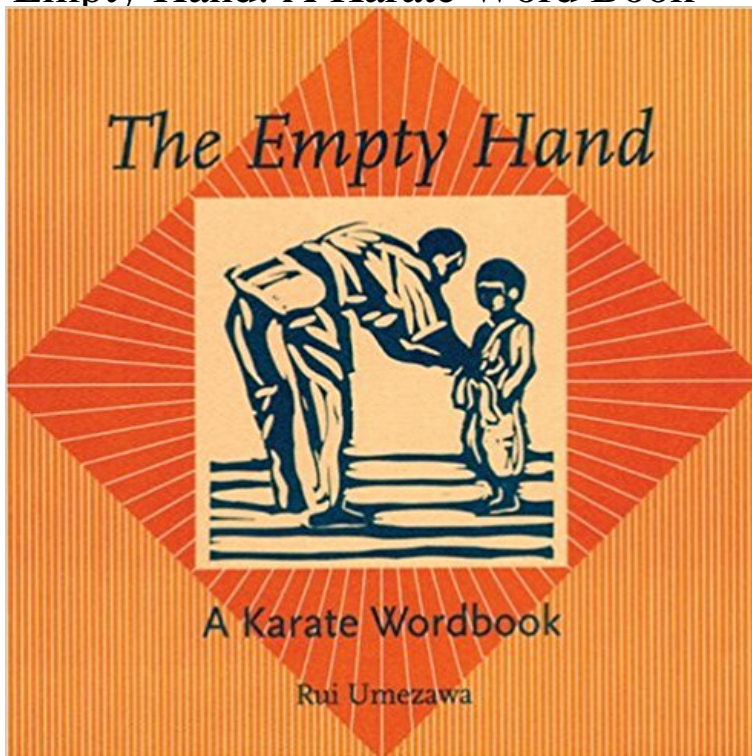


## Empty Hand: A Karate Word Book



The Empty Hand was written to help Western students understand the precise and complete meaning of the many Japanese terms used by their sensei (master) in the dojo (practice hall) and grasp the full implications and deeper meaning of their martial art. Each of the twenty-eight main entries is an in-depth mini-essay on one karate term, explaining not only its meaning but the Sino-Japanese characters used to write it. The essays also provide rich background information on the history and culture of karate, and the attitude one should cultivate toward martial arts practice. Fully illustrated with calligraphy for each term and with original woodcuts.

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