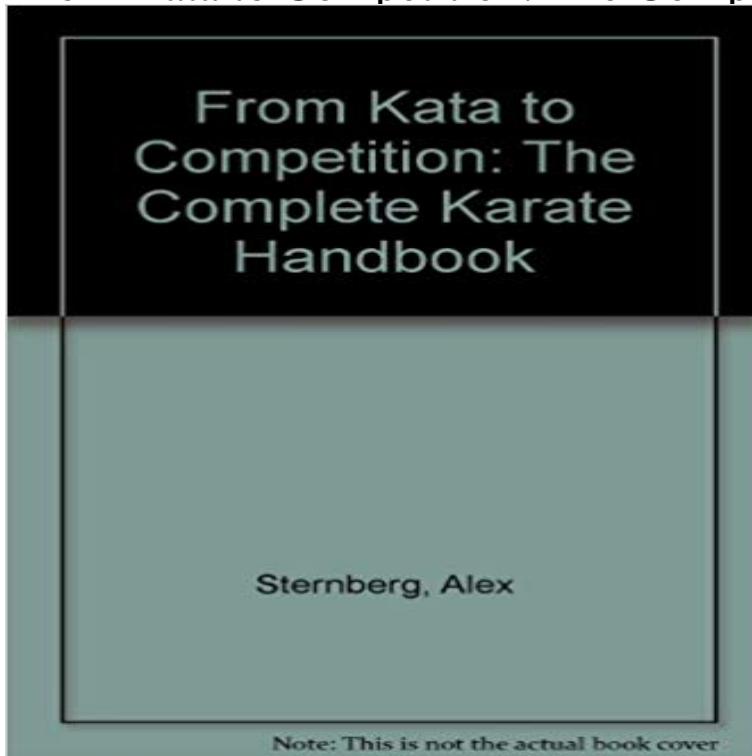


# From Kata to Competition: The Complete Karate Handbook



Sensei Alex Sternberg believes that karate is a craft a skill that almost any man or woman can master and utilize, not an exotic art that only a privileged few can learn. With this in mind he and his co-author Gary Goldstein created From Kata to Competition. This book strips away the mystery of karate as Sternberg offers you the benefit of his years of experience as a teacher, coach, competitor and national champion. The authors cover everything you need to know to build and enhance your skills.

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