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basics, kata, kumite ...

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book solely devoted to the art and technique of breaking. The text, by an experienced karate instructor and former Green Beret, explains clearly and systematically how to break boards, bricks, and other

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objects, and discusses
practical applications for
self-defense.

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Karate Breaking Techniques - Academy Of Karate - Martial

...

Breaking is a martial arts
technique that is used in
competition, demonstration

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and testing. Breaking is an action where a martial artist uses a striking surface to break one or more objects using the skills honed in their art form. The striking surface is usually a hand or a foot, but may

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also be a fingertip, toe,
head, elbow, knuckle, or
knee.

**Breaking (martial arts) -
Wikipedia**

Learn the historical bunkai
(practical kata

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Defense applications) by Jesse Enkamp, from Okinawa - the birthplace of Karate. Handed down by Bubishi, the "bible of Karate", these self-defence techniques ...

4 Ancient Karate Techniques

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Bunkai is the practical application of kata. The word itself actually means “to break down” in Japanese. Here’s how it’s written: When used in the context of Karate, bunkai symbolizes

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the whole process of breaking down the movements of a kata to understand how the techniques can be applied in self-defense.

**The Beginner's Guide to
Bunkai - KARATE by Jesse**

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clearly and systematically
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**Karate breaking techniques,
with practical applications
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American Martial Arts
Academy Board Breaking
Introduction After reaching

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the rank of 3rd gup, students are required to perform board breaking at each subsequent testing. As an adult black belt, power breaking (brick) is also added as a requirement. At this time, students should

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be able to demonstrate that
their techniques

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