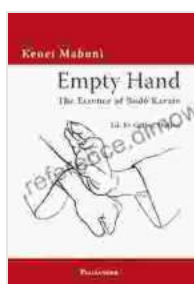


Empty Hand: The Essence of Budo Karate

Empty Hand is not just a book about karate. It is a book about the essence of budo, the martial way. It is a book about the journey of a lifetime, a journey of self-discovery and self-improvement.

The author, Iain Abernethy, has been practicing karate for over 40 years. He has trained with some of the greatest masters in the world, and he has a deep understanding of the art. In Empty Hand, he shares his insights into the physical, mental, and spiritual aspects of karate.



Empty Hand: The Essence of Budo Karate by Paul Dowswell

★★★★☆ 4.5 out of 5
Language : English
File size : 15889 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Print length : 234 pages



Abernethy writes in a clear and concise style, and he uses many personal anecdotes to illustrate his points. He is a gifted teacher, and he has a knack for making complex concepts easy to understand.

Empty Hand is divided into three parts. The first part covers the basics of karate, including the stances, strikes, and blocks. The second part explores the mental and spiritual aspects of karate, including the importance of

focus, discipline, and respect. The third part discusses the application of karate to everyday life.

Empty Hand is a valuable resource for anyone who is interested in karate. It is also a great book for anyone who is interested in self-discovery and self-improvement. If you are looking for a book that can inspire you to live your life to the fullest, then Empty Hand is the book for you.

What Others Are Saying About Empty Hand

"Empty Hand is a masterpiece. It is the most comprehensive and insightful book on karate that I have ever read." - **Sensei George Andrews, 9th Dan**

"Iain Abernethy is one of the most respected karate teachers in the world. His book, Empty Hand, is a must-read for anyone who wants to learn more about the art." - **Shihan Bob Breen, 8th Dan**

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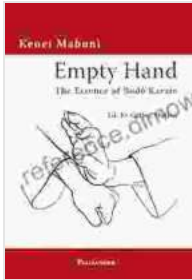
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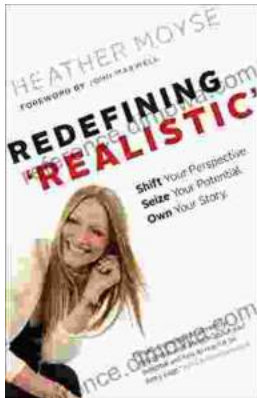
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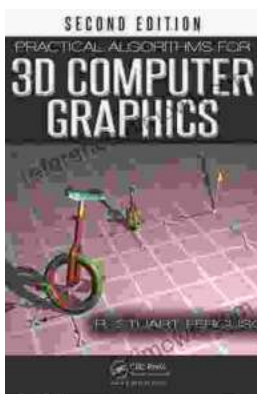


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