



# The Karate Dojo: Traditions and Tales of a Martial Art

*Peter Urban*

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## **The Karate Dojo: Traditions and Tales of a Martial Art** Peter Urban

The Japanese martial art of Karate is not only a means of self-defense; it is also a sport and a philosophy. First published in 1967, *The Karate Dojo: Traditions and Tales of a Martial Art* examines each of these aspects—through the colorful legends, tales, and traditions that are associated with the art—and explains why educators and parents are becoming increasingly interested in karate. This book shows how karate training can change the lives of those who practice it, by giving them health, self-confidence, both physical and mental discipline, as well as calm maturity. This martial arts book includes information about: the dojo, the belt system, kata and jiu-kumite, potential and goals, famous dojo stories, Okinawan martial arts fighters, ninjutsu, and more!

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