



Sport Karate Point Sparring: An essential guide to the point fighting method

Ed Yuncza

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Finally, a book dedicated specifically to Sport Karate point sparring! Learn what the successful fighters do and become a more successful point fighter. Whether your goal is the national tournament circuit or sparring at your local school, this easy-to-follow book is sure to improve your sparring abilities. This is an end-to-end comprehensive point sparring “how to” manual written for the beginner to the Black Belt, designed to further your overall understanding of this dynamic and exciting sport. It is also an excellent resource for instructors and coaches too. Some of the topics covered include:

- Winning sparring drills
- Hit avoidance principals
- How to stay at least one step ahead of your opponent at all times
- Offensive strategies
- Defensive strategies
- The most effective techniques to use in the point game
- Ways to identify and defeat the most common types of fighters found in the sport
- The most effective footwork and stances to use when point sparring
- The most common sparring mistakes
- Tournament tips and winning approaches
- Learn the natural nullifying techniques that will instantly shut down your opponent’s attacks
- Learn how to increase your fighting speed
- Other necessary sparring qualities required to be successful
- How to introduce sparring to new students

And much more... Including more than 500 photographs!

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