



The Art of Hojo Undo: Power Training for Traditional Karate

By Michael Clarke

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Silver Winner – 2010 IP'S Living Now Award

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Hojo Undo means 'supplementary training', and using these tools is the key for developing the devastating power of karate techniques. Without Hojo Undo, a practitioner cannot reach the profound strength levels required for a lifetime of karate training.

This book details how to construct and use many training tools; provides accurate mechanical drawings, comprehensive training methods, and an historical context to understand why Hojo Undo was created in 'old' Okinawa.

- Warm up exercises
- Detailed construction drawings
- Build your own Hojo Undo tools!
- Learn how to use the tools to develop devastating power
- Link your increased power to fighting techniques
- Hear what Okinawan Masters say about Hojo Undo training

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Editorial Review

Review

"With the absence of any work on hojo undo, this book is destined to become an instant success and I am pleased to be able to lend my name to its publication. Mike Clarke's empirical experience and deep knowledge of both Okinawa's fighting arts and the culture in which it evolved make him uniquely qualified to produce a book of this nature." (Foreword Magazine)

"This book explains in detail how Okinawan Karate masters attained their awesome Karate Power and how they were able to develop such fantastic powerful techniques. Everything that you wanted to know about Hojo Undo training is explained in this book. There are explanations on the different training methods of Japanese and Okinawan Karate. Learn the secrets of traditional Karate power. Learn the difference between sport Karate and traditional Karate. Traditional Karate focuses on building a complete Karate warrior. It combines mind, body, and soul. For those who are dedicated to the art of Karate, this book is a must for your library. I highly recommend this outstanding manual." (Norman Leff, Menkyo Kaiden Shihan, Over 50 years of experience)

Clarke is an honorable man of karate . . . I highly recommend this book. (Hokama Tetsuhiro, Kaicho 10th dan)

Michael Clarke has captured the secret of traditional karate power. (Kinjo Tsuneo, Kyoshi 8th dan)

I recommend this book . . . It is a valuable asset for learning how the tools are used as an extension of training. (Akamine Hiroshi, Kaicho 8th dan)

I can't think of a single person anywhere in the world better suited to introduce this subject, and I highly recommend *The Art of Hojo Undo: Power Training for Traditional Karate* to teachers and students alike. (Patrick McCarthy, Hanshi 8th dan)

A serious writer . . . of great value to anyone who wishes to understand traditional karate-do. (John Cheetham, Editor *Shotokan Karate Magazine*)

About the Author

Michael Clarke Kyoshi 7th dan, Okinawan Goju-ryu has trained in karate since 1974. He has written over two hundred articles for international martial arts magazines, and authored three books. Starting as a young 'street-fighter' in England, to a disciplined student of budo in Okinawa, Clarke enthusiastically teaches traditional Goju-ryu Karate in his dojo near Launceston Tasmania, Australia.

Users Review

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