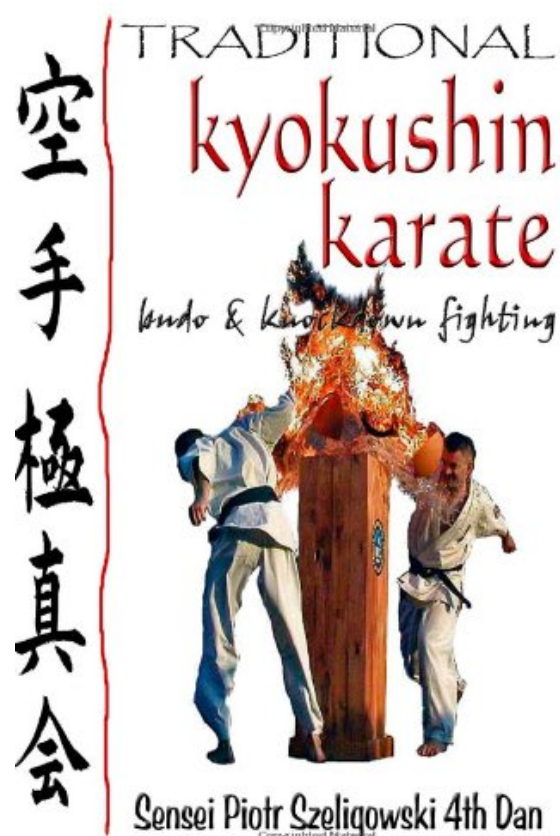


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Sensei Piotr Szeligowski 4th Dan is an internationally renowned and greatly accomplished author, Kyokushin Karate fighter, instructor, and tournament referee. During his successful career he has won many prestigious titles and awards, including 1995 European IFK Kyokushin Karate Champion, bronze medal at The 1993 Oyama Cup, 'The Best Technique Award' at the 1995 IFK Lightweight World Cup in Moscow. He's also a multiple medalist and champion of the Polish Knockdown Tournaments. Sensei Szeligowski served as IFK Country Representative in Poland 1994-2007. He is currently developing proprietary advanced karate training methods for his upcoming book, which is also being a subject of discussion on his Facebook page (Karate-Kyokushin.com) Piotr Szeligowski delivers a unique and powerful combination of his achievements as a karate fighter paired with a theoretical knowledge base that's substantiated by his masters' degrees in sports science and physical therapy.

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'Traditional Kyokushin Karate: Budo & Knockdown Fighting' by Sensei Piotr Szeligowski 4th Dan is a ground breaking, multi-disciplinary survey of karate as a form of martial arts combined with top performance sports theories. This engaging manual also presents a proprietary championship training program that was developed by the author. Sensei Szeligowski' book is a first of its kind work ever published on the martial arts' competitive fighting market. The book showcases a unique, easy-to-read combination of Budo karate tradition with an application of sports theory and methodology to this discipline of martial arts. Additionally, it features over a hundred pages of photos depicting kata forms, highly effective self-defense techniques. It provides an in-depth study of sport psychology principles, complete fitness conditioning and nutrition program, injury prevention and first aid procedures, as well as, an interview with the author.

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Good book for Kyokushin members

By paul christian

This book is quite good for beginner or even a professional kyokushin practitioner.

This book dived into three chapters, first chapter give a lot information about history of kyokushin and karate. The second chapter give information about physiology, tactical and intellectual conditioning, nutrition, first aid in injuries. Closed by third chapter about interview with sensei Piotr Szeligowski.

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Great for Novice and Expert!

By Evie

As a certified fitness trainer, I found Sensei Piotr Szeligowski's book both enlightening and a great reference. Those starting in the field of karate will appreciate the clear photos of correct positions, stances and movements. Experts will enhance their knowledge with psychological and intellectual conditioning techniques. The book not only covers the history of karate, but a holistic view of what it takes to be an outstanding athlete including nutrition and training regimens. A must-have for those interested in budo and knockdown fighting!

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By Luis Valencia

I expected more from this book, but I was disappointed because it's a collection of photos and texts without foundation. Looks more like a diary than a book for learning support in Kyokyshin Kumite.

Do not buy this book, rather I recommend the video collection as foundations of Kyokushin (Kyokushin Karate Training Martial Arts DVD) and videos on YouTube.

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