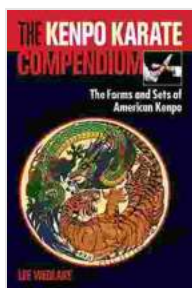


The Kenpo Karate Compendium: A Comprehensive Guide to the History, Principles, and Techniques of American Kenpo

The Kenpo Karate Compendium is a comprehensive guide to the history, principles, and techniques of American Kenpo. This book is written by Ed Parker, the founder of American Kenpo, and is considered to be the definitive work on the subject.



The Kenpo Karate Compendium: The Forms and Sets of American Kenpo by Lee Wedlake

★★★★☆ 4.4 out of 5

Language : English
File size : 22734 KB
Text-to-Speech : Enabled
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 385 pages
Screen Reader : Supported



History of American Kenpo

American Kenpo was developed by Ed Parker in the 1950s. Parker was a student of several different martial arts, including karate, boxing, and judo. He combined the best elements of these styles to create a new system that was both effective and easy to learn.

American Kenpo quickly gained popularity, and it is now one of the most popular martial arts in the world. It is practiced by people of all ages and abilities, and it is used for both self-defense and competition.

Principles of American Kenpo

American Kenpo is based on a set of principles that guide its practice. These principles include:

- **Self-defense:** American Kenpo is first and foremost a self-defense system. It is designed to teach people how to protect themselves from attackers.
- **Simplicity:** American Kenpo is a simple and easy-to-learn system. The techniques are straightforward and practical, and they can be mastered by people of all ages and abilities.
- **Efficiency:** American Kenpo is an efficient system. The techniques are designed to work quickly and effectively, and they can be used to defeat opponents of all sizes and strengths.
- **Continuous improvement:** American Kenpo is a system that is constantly evolving. Parker was always looking for new and better ways to improve the system, and he encouraged his students to do the same.

Techniques of American Kenpo

American Kenpo has a wide variety of techniques, including:

- **Strikes:** American Kenpo uses a variety of strikes, including punches, kicks, and elbows.

- **Grappling:** American Kenpo also uses a variety of grappling techniques, including throws, takedowns, and joint locks.
- **Weapons:** American Kenpo also teaches the use of weapons, including knives, sticks, and firearms.

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The book is divided into three parts:

- **Part 1: History of American Kenpo**
- **Part 2: Principles of American Kenpo**
- **Part 3: Techniques of American Kenpo**

The book is illustrated with hundreds of photographs and diagrams, and it includes a glossary of terms. It is an essential resource for anyone who is interested in learning about American Kenpo.

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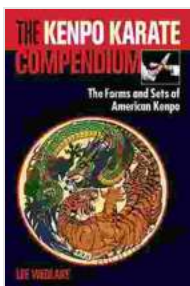
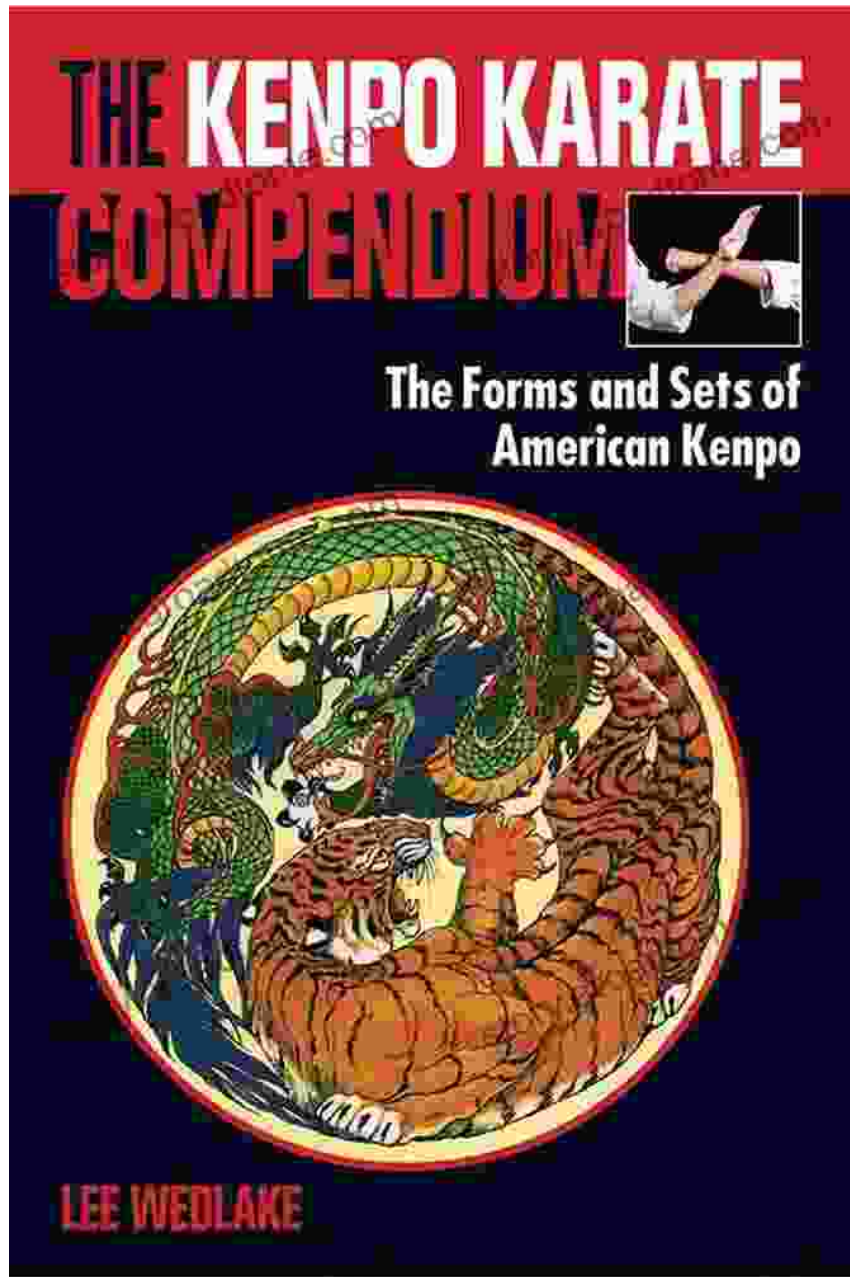
THE KENPO KARATE COMPENDIUM



The Forms and Sets of
American Kenpo



LEE WEDLAKE



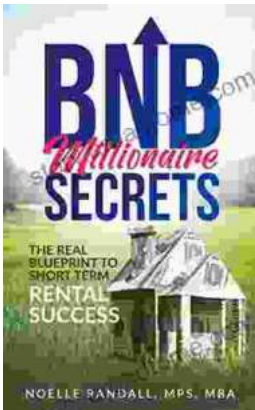
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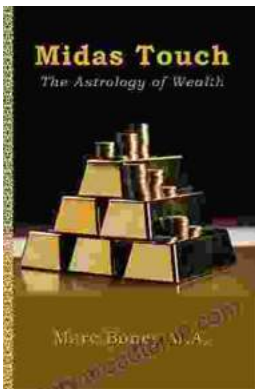
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