



# Karate's History and Traditions

*Bruce A. Haines*

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## **Karate's History and Traditions** Bruce A. Haines

A classic text treasured by martial artists for over twenty years, *Karate's History & Traditions* was long recognized as the most authoritative source on martial arts history and technique. Now *Bruce Haines*, historian and martial artist, has updated this rich source to reflect changes that have taken place in the last two decades.

This detailed but well–rounded martial arts guide covers the history of the Asian fighting arts from antiquity to modern times, answering many of the questions currently being debated by martial artists around the world. Each chapter describes the fighting arts of masters in many areas, including:

- Okinawa
- Japan
- China
- India
- Indonesia
- Malaysia
- Thailand
- Cambodia
- Vietnam
- Korea
- The Philippines

Undertaking years of arduous research using the most reliable historical data, Haines has filled in many of the gaps in the histories of the fighting arts and has proven false many popular myths.

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