



The Kenpo Karate Compendium: The Forms and Sets of American Kenpo

Lee Wedlake

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The Kenpo Karate Compendium details the forms of American Kenpo as prescribed by the “Father of American Karate,” Ed Parker. Author Lee Wedlake, 9th degree black belt, world-class instructor and competitor, brings his acclaimed training and teaching experience to bear in this unique resource for all who practice and teach American Kenpo and its offshoot systems. The American Kenpo system is taught worldwide and this reference will become a standard for thousands of Kenpo practitioners in various lineages. It will also serve as a stimulus for all martial artists by providing a sense of the logical framework of American Kenpo. Having collected the general rules of motion and the numerous fine points of Kenpo, the book is a standout in the genre.

- **COMPREHENSIVE TREATMENT** of the Kenpo Karate system provides a progression of teaching curricula for beginning, intermediate, and advanced students and instructors
- **COVERS** history, fundamentals, forms, solo and partner practice, and advanced technical skills
- **INCLUDES** over 450 black and white photos detailing forms and techniques
- **SOMETHING FOR ALL STUDENTS**, whether pursuing martial arts for health, competition, self-defense, or personal improvement

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About the Author

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