



Mastering Kempo (Mastering Martial Arts Series)

William Durbin

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Finally, a book that covers all aspects of the “original martial art” is here! *Mastering Kempo* covers everything from Kempo's profound history to the techniques, tactics, and training needed to excel at any level of this art.

Mastering Kempo is an exposition of Kempo as the masters originally taught it, featuring their methods of training and wealth of technical knowledge—much of which has been forgotten or ignored in modern times. *Mastering Kempo* introduces these techniques, skills, and advanced training methods to enrich the Kempo of any stylist and contribute to an in-depth understanding of the many martial arts derived from Kempo—including judo, jujitsu, and karate.

This outstanding resource was written by William Durbin, a Kempo master and a premier martial arts historian with 30 years of training. As a soke (the highest ranking in Kiyojute Kempo) Durbin is considered one of the world's foremost authorities and historians on Kempo. The knowledge and insights he provides in *Mastering Kempo* will elevate you to your highest level, physically and spiritually.

With more than 130 photos as your guide, you will be able to improve stances, blocks, thrusts, strikes, kicks, and other defensive techniques. You will also be able to learn the keys to building a stronger mind and body with regimens that will empower you to maximize your abilities and advance quickly through belt rankings or competitive events.

Becoming a master of a martial art requires that you learn, practice, and incorporate all aspects of the form's history, technique, tactics, and training into your life. For Kempo, the one source for all this indispensable information is *Mastering Kempo*.

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