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Do My Way Of Life
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**Karate Do
My Way Of
Life Gichin
Funakoshi**

*The Essential
Karate Book is
an illustrated,
informative
guide to the
techniques,*

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***philosophy and
practice of
karate With 20
chapters
covering
practically
every aspect of
karate, this in-
depth reference
will assist
students and
instructors as
they plot their***

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***course through
karate
instruction,
benefiting
those at all
levels. The
Essential
Karate Book
contains 200
diagrams
mapping out
moves, 300
color***

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***photographs,
and
downloadable
video, making it
a
comprehensive
general karate
reference for
Western
audiences.
Readers of this
karate guide
will learn***

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***about: The
origins and
history of
karate Required
behavior,
clothing and
etiquette, as
well as the
fundamentals of
karate and the
different styles
that share them
Stances, blocks,***

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***strikes and
kicks Preparing
your body
through warm
ups, stretching,
and
conditioning
through karate-
specific
exercises Kata
grading and
fighting
(kumite)***

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***techniques and
competition
rules Martial
arts weapons
(kobudo), and
MMA (Mixed
Martial Arts)
applications
The Essential
Karate Book is
a must-have for
any martial arts
enthusiast,***

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***from beginners
to black belts!***

***The Essence of
Okinawan***

Karate-Do

***presents the
teachings of***

legendary

martial arts

master Shoshin

Nagamine,

founder of the

Matsubayashi

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***school of Shorin-
ryu karate-do.***

***Used for
generations as
a practical and
pictorial guide,
it contains over
1,000***

***photographs to
document
eighteen classic
karate kata
(preset forms)***

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***and seven
yakusoku
kumite
(prearranged
partner
exercises), as
well as basic
techniques.
This book is a
precise and
easily
accessible
pictorial guide***

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***to performance
and perfection
of traditional
karate. The only
book in English
with photos of
one of the great
prewar masters
demonstrating
the proper
execution of
Okinawan
karate, The***

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***Essence of
Okinawan
Karate-Do is a
bridge between
karate's
legendary past
and the
practitioners of
today. This
ingenious and
imaginative text
explains the
historical***

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***landmarks in
the
development of
style, vividly
outlines its
leading forms
and techniques,
and recalls
noted Okinawan
karate men of
the past,
including the
author's***

Read PDF Karate
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teachers

Ankichi

Arakaki, Choki

Motobu, and

Chotoku Kyan.

Ex-Marine

Lawrence Mark

Vellucci offers a

first-hand

account of his

years spent in

Okinawa

learning

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***traditional
karate from its
masters.***

***A personal,
philosophical,
and historical
exploration of
Okinawan Goju-
Ryu karate
written by an
experienced
master. In
Wandering***

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***Along the Way
of Okinawan
Karate, Giles
Hopkins draws
on his fifty
years of martial
arts experience
to take the
reader on a
journey through
the meaning of
kata (form) and
bunkai***

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***(application) in
Okinawan Goju-
Ryu karate.***

***Hopkins offers
his personal
reflections on
the enigma of
karate kata
while
explaining
many of its littl
e-understood
applications.***

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With skill and insight into kata's connection to nature, the book addresses key topics such as why some movements are done slowly while others are fast, the significance of

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***steps and turns,
and the role of
tradition in
karate. The
purpose of kata
solo patterns is
to solidify
specific self-
defense
techniques.
Contrary to the
commonly held
belief that kata***

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***techniques can
have multiple
interpretations,
Hopkins argues
that kata
embodies
specific martial
principles that
must be
followed
rigorously for it
to be truly
effective. He***

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***also reveals the
spiritual
dimensions of
martial arts by
explaining its
deep
connection to
nature.***

***Providing new
understanding
of kata
structure,
themes, and***

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***martial art
principles,
Hopkins sheds
light on the
practitioner's
journey.***

Karate

***Karate as the
Art of Killing***

Best Karate

***Karate as a Way
to Gentleness***

The Classic

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Gichin Funakoshi

Manual of Combat

Bubishi

Ginchin

*Funakoshi was
the founding
father of the
principles and
techniques
of karate in
Japan. This is
the original*

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*text of Master
Funakoshi's
first exposition
of Okinawan
karate. The text
elucidates his
teaching and
training methods,
while the
photographs show
Funakoshi
demonstrating
kata.*

The most

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*authoritative
and respected
book in its
field has been
completely
revised and
updated. A team
of medical
experts and
martial artists
devoted three
years to
researching and
compiling an*

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accurate,
detailed report
of the injury
potential of
karate strikes.
Karate is not
just a sport or
a hobby—it's a
lifetime study
toward
perfection of
character. Here,
Dave Lowry, one
of the best—

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*known writers on
the Japanese
martial arts,
illuminates the
complete path of
karate including
practice,
philosophy, and
culture. He
covers myriad
subjects of
interest to
karate
practitioners of*

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*all ages and
levels,
including: • The
relationship
between students
and teachers •
Cultivating the
correct attitude
during practice
• The
differences
between karate
in the East and
West • Whether a*

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*karate student
really needs to
study in Japan
to perfect the
art • The
meaning of rank
and the black
belt • Detailed
descriptions of
kicks, punches,
evasions, and
techniques and
the
philosophical*

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*concepts that
they manifest •
What practice
means and looks
like as one ages
• How the
practice of
karate aims
toward
cultivating
character and
spiritual
development
After forty*

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*years studying
karate and the
budo arts, Lowry
is an
informative and
reliable guide,
highlighting
aspects of the
karate path that
will surprise,
entertain, and
enlighten.*

*The legendary 20
guiding*

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*principles of
karate penned by
Funakoshi have
been circulating
for years but
have never been
published until
now. Accompanied
by rare photos
and original
calligraphy,
this long-
awaited treatise
is a provocative*

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*and long overdue
read for martial
arts enthusiasts
and followers of
karate.*

*The Heart of
Karate-d?*

*Discovering the
Spirit of
Practice*

*The Art of
"Empty Hand"*

Fighting

Judo Memoirs of

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Jigoro Kano

The Original

Teachings of

Gichin Funakoshi

The Medical

Implications

Chanpuru

Gichin Funakoshi
is a legendary
figure and the
founder of
Shotokan karate,
the most popular
style of

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Japanese karate,
with millions of
practitioners
worldwide. In
The Essence of
Karate,
Funakoshi
creates, in his
own words, a
narrative of
modern karate.
He explains the
philosophical
and spiritual

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underpinnings
and includes
memories of his
own training, as
well as
recollections of
other karate
masters and the
history of the
martial art. He
also discusses
the importance
of winning
without

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fighting, and
the reason why
many great
martial artists
improve with
age. The preface
has been
contributed by
Hirokazu
Kanazawa,
President of the
Shotokan Karate-
do International
Federation (and

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Funakoshi's
disciple). He
fondly writes of
his memories of
Gichin Funakoshi
during his youth
and what he
learned from the
master. In the
afterword, the
founder's great-
nephew, Gisho
Funakoshi,
shares

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Gichin Funakoshi
previously

unknown personal
anecdotes about
his "Uncle
Funakoshi."

During the
Ryukyu Kingdom
of the 1600s the
indigenous
martial arts of
Okinawa were
blended with the
fighting arts of
Fujian, China,

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to formulate the
birth of what
would become the
globally popular
martial art
known as
Okinawan Karate.
There were no
tournaments, no
politics, and no
nonsense; only
hard men that
sacrificed time,
sleep, and

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comfort to
toughen their
bodies and
strengthen their
spirit in
pursuit of
improving their
odds at
protecting
themselves and
their loved
ones. Chanpuru:
Reflections and
Lessons from the

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Dojo offers
glimpses into
the old ways of
karate through
the personal
journey of Garry
Parker, a modern
day sensei, who
learned
traditional
karate the old
way on Okinawa.
Parker invites
the reader to

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come along on
his journey to
see how he
gained entrance
into a rapidly
disappearing
society of
authentic
Okinawan martial
art traditions.
A tradition
honed for a
century before
air-conditioned

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schools, colored belts and sport competitions. To offer deep insights into the many topics of karate, Chanpuru is divided into three parts. Part 1 is autobiographical, highlighting the reflections of

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Parker's
personal journey
in karate. Part
2 is filled with
essays on topics
relevant to the
study and
practice of
karate,
including
lessons learned,
advice, the
author's
personal

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thoughts and
stories, and
little nuggets
of wisdom he's
picked up along
the way. Part 3
is dedicated to
the legacy of
the author's
teacher,
Takamiyagi
Hiroshi, the
founder of
Goshukan-ryu,

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and pioneer of
Wu Zhu Quan
(Five Ancestor
Boxing) on
Okinawa. An
exclusive
interview, along
with rare photos
from
Takamiyagi's
personal
collection,
complete the
book.

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**Karate: The Art
of "Empty-Hand"
Fighting is the
definitive guide
to Shotokan
Karate - the
most widely
practiced style
of Karate - and
has inspired
millions of
Karate
practitioners
worldwide.**

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Authored by one
of the great
masters of the
art, Hidetaka
Nishiyama, this
book is a
classic,
groundbreaking
work on the
sport of Karate.
In Black Belt
Karate, Hirokazu
Kanazawa, the
most respected

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figure in the
karate world,
offers a
systematic
approach to
basic karate,
and provides an
intensive
training course.
Karate is a
martial art that
can be practiced
by anyone,
regardless of

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age or gender,
and can be
undertaken at
any time during
a person's life.
The training
system employed
in karate
comprises three
main areas:
kihon (basics),
kumite
(sparring), and
kata (forms).

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Using

meticulously
detailed
explanations and
illustrative
photos, Kanazawa
provides readers
with an
intensive self-
study training
course designed
to be accessible
to beginners, as
well as to those

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already at an
intermediate
level. If
practiced
continuously and
diligently over
the course of a
year, a
practitioner
will be able to
attain black-
belt-level
proficiency.
Praise for Black

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Belt Karate: "By following each and every page of this book as if receiving instruction directly from Mr. Kanazawa, I believe that over time, with careful practice, gaining proficiency is

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all but

guaranteed. For
anyone setting
out to master
karate-do, you
hold in your
hands a fine
book

indeed."—The
late Masatoshi
Nakayama, former
chief instructor
of the Japan
Karate

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Association and
author of
Kodansha's Best
Karate series
Wandering Along
the Way of
Okinawan Karate
The Essence of
Karate
The Intensive
Course
Karate Jutsu
Concepts,
Techniques, and

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Training Methods

The Art Beyond
Techniques

The Master Text

This introduction
to Okinawan style
karate examines
its principles and
training.

"Karate-do: the
Art Beyond
Techniques"
offers a unique

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insight into the history, culture, and philosophy of martial arts, and in particular how karate-do training applies to daily life. In this modern era of karate-do training, students of the art are more engaged in perfecting their

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technical skills
and forgetting the
philosophical
principles that
seeks to perfect
the character of
the person. In this
thought-provoking
book, Albert
Cheah engages
newcomers to the
art as well as
advance karate-do

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students to explore and understand the deeper meaning behind the art. Beyond the cliché of learning martial arts for fighting, self-defense, or competition, "Karate-do: the Art Beyond Techniques" takes

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the reader into understanding the etymology of budo, karate, and the significance of how training can be applied in daily routine.

First published in 1995. Routledge is an imprint of Taylor & Francis, an informa

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company.

The father of
Karate-do
describes his life
of devotion to the
practices and
spirit of the
ancient martial art
and his
contributions to
its modern-day
evolution.

Scientific

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Karatedo

Karate: The Art
of Empty Hand
Fighting
A Study of Its
Deadly Origins,
Ideology of Peace,
and the
Techniques of
Shito-Ry u
Nintai
Master Text for
the Way of the

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Empty-Hand
The Science and
Technique of
Pressure Point
Fighting - Defend
Yourself Against
Pressure Point
Attacks!

Gojushiho Dai,
Gojushiho Sho,
Meikyo

Lyoto Machida is
considered by many

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to be the next big
MMA superstar
Karate-DoMy Way of
LifeVertical Inc
Stresses the spiritual
aspects of karate and
demonstrates three
advanced kata, or set
sequences of blocks,
punches, and kicks
Recounts the author's
two-and-a-half-year
karate training in
Japan, his progress

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from white belt to
black belt, and his
realization of
gentleness and
tranquility through
the martial arts

Secrets of karate

The Way of Karate

Moving Zen

Black Belt Karate

Karate-d

The Spiritual Legacy
of the Master

Machida Karate-Do

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Mixed Martial Arts
Techniques
Linking the time
when karate was a
strictly Okinawan art
of self-defense
shrouded in the
deepest secrecy and
the present day,
when it has become
a martial art
practiced throughout

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the world, is Gichin Funakoshi, the "Father of Karate-do." Out of modesty, he was reluctant to write this autobiography and did not do so until he was nearly ninety years of age. Trained in the Confucian classics, he was a

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schoolteacher early in life, but after decades of study under the foremost masters, he gave up his livelihood to devote the rest of his life to the propagation of the Way of Karate. Under his guidance, techniques and

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nomenclature were refined and modernized, the spiritual essence was brought to the fore, and karate evolved into a true martial art. Various forms of empty-hand techniques have been practiced in Okinawa for

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centuries, but due to the lack of historical records, fancy often masquerades as fact. In telling of his own famous teachers--and not only of their mastery of technique but of the way they acted in critical situations--the

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author reveals what true karate is. The stories he tells about himself are no less instructive: his determination to continue the art, after having started it to improve his health; his perseverance in the face of difficulties,

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even of poverty; his strict observance of the way of life of the samurai; and the spirit of self-reliance that he carried into an old age kept healthy by his practice of Karate-do.

Discusses all facets of karate training,

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including strikes,
kicks, blocks, stances,
preset forms,
sparring
combinations,
throws, chokes, joint
locks, meditation,
warm-ups, and self-
defense techniques
against weapons
Describes the
fundamental

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techniques and
maneuvers of karate
and illustrates
nineteen different
forms

This classic
Shotokan Karate
Master Text has
been printed for the
explicit purpose of
providing an exact
reproduction of the

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complete original
1935 Japanese
publication,
preserving a
historically accurate
archive replica in the
English language,
that now can be
experienced and
enjoyed by all who
can appreciate its
significance. This

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legacy, as is the true goal of Karate Do, is meant to be experienced with mind, body, and Spirit. Master Funakoshi's message is transmitted in these pages through philosophical thought, physical and mental practice

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methods, and most importantly, with manifest image. Each photograph of Master Funakoshi not only demonstrates the exact form and method of each technique, but is also an archetypal key to the spiritual path he

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followed and
exemplified. This
book is a
comprehensive guide
for the study of
karate and is
credited as the
foundation
document of the
modern day karate
movement. Inner
strength and

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personal character development are stressed through an active daily regimen of physical exercise and martial technique. Kara-te Do Kyohan is Master Funakoshi's gift to mankind. An informed study will reveal that his focus

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in life was to share his knowledge and the benefits he acquired and experienced through a life of conscious self-discipline rooted in the principles of Karate Do. Gichen Funakoshi (1868-1957) was born in Shuri,

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Okinawa and, as a boy, began training with Yasutsune Azato (Shuri-te) and Yasutsune Itosu (Naha-te). Through many years of diligent practice these two styles were blended and became what is known today as Shotokan Karate.

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My Way of Life
Philosophical
Lessons in
Okinawan Karate
For White Belts,
Black Belts and All
Karateka in Between
The Master
Introductory Text
The
Groundbreaking
Work on Karate

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The 36 Deadly
Bubishi Points
The Twenty
Guiding Principles of
Karate

***Learn how to target
the weaknesses of
an attacker and
effectively exploit
them in order to
defend yourself. The
36 Deadly Bubishi
Points gives***

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detailed explanations on how the pressure points of traditional Chinese medicine found in the Bubishi, the venerable "Bible of Karate," are used in attacking an opponent and how to defend yourself against such attacks. This book

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closely examines these vital points and the science behind them. While much has been written about the vital points and their medicinal importance, thanks to the popularity of practices such as acupuncture, martial research on the subject has been

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lacking. Cardwell discusses the vital points from the perspective of an experienced martial artist—including how the body's vital points are related to the 8 extraordinary vessels and 12 meridians which circulate energy throughout the body. Through

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detailed step-by-step instructions and over 96 photographs and illustrations, The 36 Deadly Bubishi Points shows how this knowledge can be employed in self-defense. Respond to an attacker by employing these ancient methods in modern, violent

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situations.

This introduction to karate teaches both the physical training and the mental philosophy necessary for karate mastery. The book also provides the complete history of karate.

Grounded in a comprehensive overview of the

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***philosophical and
spiritual foundations
that underlie karate,
The Art of Killing
emphasizes its
original purpose: to
kill an attacker
swiftly and brutally.
Prior to 1900, karate-
dō was exclusively
an art of unarmed
self-defense. Its
practice was
designed for life-or-***

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death situations--effectively, an art of killing. Here, authors Leonard Pellman and the late Shimabukuru Masayuki restore karate to its original intent. They move karate away from its popular modern-day sporting applications back to its deadly

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***origins---and to the
restraining
philosophy of
peace, self-sacrifice,
compassion, and
service to others
that necessarily
accompanied it.
With chapters on
kokoro (heart, mind,
and spirit), ki (spirit
and energy), and the
seven major
precepts of bushidō,***

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***The Art of Killing
shows readers that
the lethal art of
karate is more than
a method of
bringing an enemy
down--it's a
philosophical and
spiritual system
grounded in
essential lessons to
guard against
abuses of power.
This book does not***

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contain detailed instruction in killing methods, but it does showcase the deadly power of karate--and explain why purity of intentions matters, and how compassion and respect are the essence of karate training. Readers will learn: • The

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***purpose and
meaning of karate-
dō • The origins and
major precepts of
bushidō • Training
methods,
preparation, and
etiquette •
Fundamentals,
spiritual power,
training patterns,
and analysis and
application of kata •
About the body as a***

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weapon

***"My Way Of
Kobudo" Book One
is an introduction of
various Okinawan
and Japanese
ancient Martial Arts
weapons including
the Bo; Tonfa;
Kama; Sai and the
Nunchaku Kata
(patterns/forms)
along with some
appropriate analysis***

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*of the weapons
suitable for the
beginner to advance
level practitioners.
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(Okinawan/Japanese
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Proactive Strategies
for Urban Youth
American Freestyle
Karate
African American
Men in Crisis*

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***A Manual for the
Way a Modern
Warrior Should
Think***

***A Guide to Sparring
40th Anniversary
Edition***

Instructions and
photographs clarify
the ancient martial
art's fundamental
stances and
techniques as

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means to achieving flexibility, strength, coordination, and agility of body and mind

Based on a series of interviews that Jigoro Kano gave in his sixties, the book relates his creation and development of Kodokan judo during the period

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1882 to 1928.

American Freestyle
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Sparring has been
the classic text of
free-sparring since
its initial publication
in 1980. With this
40th anniversary
edition, this book
has expanded to
become even a
greater reference

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work for any martial
artist of any style,
system of fighting or
sport. With over 300
pages and 1,000
photos, this is the
complete guide for
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The most
comprehensive
book ever to be
written on the
subject of free-

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sparring just got
better!

A step-by-step
aoroiach to
applying the
Japanese warriors
mind set to martial
training and daily
life.

Beyond Technique
My Way of Kobudo
Advanced Karate-
Do

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Reflections and
Lessons from the
Dojo

Karate-Do Nyumon

Karate Do Kyohan

Karate-d? Ky?han

Karate-do

Nyumon

literally means a
passage through
the gates of the
Karate way--in

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other words, an introduction to the world of Karate. Karate-do Nyumon is the result of Master Funakoshi's wish to clarify Karate thought and practice for those who know

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nothing about it.
It comprises
unpublished
writings from
the years before
his death in
1957, together
with simplified
kata--sequences
of movements--s
ynthesized by
Funakoshi from

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the traditional
Okinawa Karate-
do kata, for
beginners.

Master
Funakoshi
begins by
exploding some
of the myths of
Karate: "Karate-
do is a noble
martial art, and

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the reader can
rest assured
that those who
take pride in
breaking boards
or smashing
tiles, or who
boast of being
able to perform
outlandish feats
like stripping
flesh or

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plucking out
ribs, really know
nothing about
karate. They are
playing around
in the leaves
and branches of
a great tree,
without the
slightest
concept of the
trunk." In his

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description of
what Karate is,
the Master
describes the
history of
Karate--its
origins in the
ancient methods
of unarmed
combat in
China, and its
growth as a

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fighting method
in Okinawa, a
country where
arms were
banned in a
succession of
decrees from
the Japanese
mainland. In
order to prevent
it being
subjected to

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control, or more
importantly, to
prevent the
Japanese
overlords from
knowing and
using the
techniques, the
practice of
Karate was kept
a secret. To
preserve this

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secrecy, the
habit persisted
until very recent
times of keeping
no records.

Master
Funakoshi,
however,
recognized in
this book and
others the need
to formulate the

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kata precisely,
so as to
establish a
standard of true
Okinawan
Karate. The kata
in this book are
not traditional
kata, but they
serve to
establish the
correct habits of

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stance, thought
and action, and
to facilitate the
eventual
mastery of the
true Karate-do
kata. All these
special kata are
clearly
explained and
illustrated by
photos. Lastly,

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Master

Funakoshi

recalls stories of
men who were
living legends
when he was a
youth in

Okinawa, men
whose

reputations

overcame even

the secrecy that

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clung to Karate
until the middle
of this century.
Treasured for
centuries by
karate's top
masters, the
Bubishi is a
classic Chinese
work on
philosophy,
strategy,

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medicine, and
technique as
they relate to
the martial arts.
Referred to as
the "bible of
karate" by
famous master
Chojun Miyagi,
for hundreds of
years the
Bubishi was a

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secret text
passed from
master to
student in China
and later in
Okinawa. All of
karate's
legendary
masters have
studied it,
applied its
teachings, or

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copied passages
from it. No
other classic
work has had as
dramatic an
impact on the
shaping and
development of
karate as the
Bubishi. Karate
historian and
authority

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Patrick

McCarthy spent
over ten years
researching and
studying the
Bubishi and the
arts associated
with it. The first
English
translation of
this remarkable
martial arts

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manual includes
numerous
explanations
and notes.
McCarthy's
work also
includes
groundbreaking
research on
Okinawan and
Chinese history,
as well as the

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fighting and
healing
traditions that
developed in
those countries,
making it a gold
mine for
researchers and
practitioners
alike. For the
final word on
the true origins

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and spirit of
classic

Okinawan
martial arts, one
need look no
further. This
karate book is
one of the best
karate training
supplements
available.

Karate: The Art

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of "Empty-
Hand" Fighting
is the definitive
guide to
Shotokan
Karate—the
most widely
practiced style
of Karate—and
has inspired
millions of
Karate

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practitioners

worldwide.

Authored by one
of the great
masters of the
art, Hidetaka
Nishiyama, this
book is a
classic,
groundbreaking
work on the
sport of Karate,

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and one of the first published in English. An Olympic sport, Karate is today practiced by over 100 million people worldwide.

Nishiyama began his training under

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the instruction
of Gichin
Funakoshi, the
legendary
founder of
Shotokan
Karate. He
helped establish
the Japan
Karate
Association and,
as head of the

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JKA's

instructors
training

program, was
instrumental in
bringing Karate
to the U.S. and
other Western
countries. When
he arrived, he
proceeded to
train the first

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great
generation of
Karate
instructors
spawning a
whole new
generation of
martial artists.
Highly
accessible and
richly illustrated
with over 1,000

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photographs,
this book is a
comprehensive
manual with
step-by-step
instructions to
all the basic
movements and
techniques of
Karate. Topics
covered include:
A brief history

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of Karate

Theories and
principles of the
martial art

Effective
training and
exercise

methods Karate
techniques

including
stances, blocks
and attacks

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Defenses

against weapons
With a new
foreword by Ray
Dalke, who
trained under
Nishiyama and,
at 8th Dan, is
the highest
ranking
American in
Shotokan

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Karate, Karate:
The Art of
"Empty-Hand"
Fighting
provides
analyses from
the standpoint
of physics,
physiology,
philosophy, and
body dynamics.
The book's

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techniques
apply to all
styles of the
martial art and
is a valuable
reference for
any Karateka—s
tressing
Nishiyama's
lesson that
mastery of the
basics is not the

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end but merely
the beginning of
a lifelong
journey.

Thinking about

Goju-Ryu

Living the

Martial Way

To-te Jitsu

Deadly Karate

Blows

Karate-Do

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Essential Karate
Book
Essence of
Okinawan
Karate-Do