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PDF Karate Do My
Way Of Life
Karate Do My
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This introduction to Okinawan style karate examines its principles and training.

Karate-DoMy Way of LifeVertical Inc Stresses the spiritual aspects of karate and

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demonstrates three advanced kata, or set sequences of blocks, punches, and kicks

Karate-do Nyumon literally means a passage through the gates of the Karate way--in other words, an introduction to the world of Karate.

Karate-do Nyumon

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**is the result of
Master Funakoshi's
wish to clarify
Karate thought
and practice for
those who know
nothing about it. It
comprises
unpublished
writings from the
years before his
death in 1957,
together with
simplified**

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kata--sequences of movements--synthesized by Funakoshi from 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 the reader

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**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 plucking out
ribs, really know
nothing about
karate. They are
playing around in**

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**the leaves and
branches of a great
tree, without the
slightest concept
of the trunk." In
his 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**

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**growth as a
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 control, or more
importantly, to
prevent the
Japanese overlords**

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from knowing and using the techniques, the practice of Karate was kept a secret. To preserve this secrecy, the habit persisted until very recent times of keeping no records. Master Funakoshi, however, recognized in this

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**book and others
the need to
formulate the 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
stance, thought**

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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, Master Funakoshi recalls stories of men who were living legends when he was a

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**youth in Okinawa,
men whose
reputations
overcame even the
secrecy that clung
to Karate until the
middle of this
century.**

**Essence of
Okinawan Karate-
Do**

**My Way of Kobudo
Master Text for the
Way of the Empty-**

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Hand

My Way of Life

The Heart of

Karate-dō

Karate as a Way to

Gentleness

Karate Jutsu

This

introduction

to karate

teaches both

the physical

training and

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the mentalhilo
sophy
necessary for
karate
mastery. The
book also
provides the
completeistory
of karate.
The Essential
Karate Book is
an

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illustrated,
informative
guide to the
techniques,
philosophy and
practice of
karate With 20
chapters
covering
practically
every aspect
of karate,

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this in-depth
reference will
assist
students and
instructors as
they plot
their course
through karate
instruction,
benefiting
those at all
levels. The

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Essential

**Karate Book
contains 200
diagrams
mapping out
moves, 300
color
photographs,
and
downloadable
video, making
it a**

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**comprehensive
general karate
reference for
Western
audiences.**

**Readers of
this karate
guide will
learn about:**

**The origins
and history of
karate**

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**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**

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fighting

(kumite)

techniques and

competition

rules Martial

arts weapons

(kobudo), and

MMA (Mixed

Martial Arts)

applications

The Essential

Karate Book is

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**a must-have
for any
martial arts
enthusiast,
from beginners
to black
belts!
Ex-Marine
Lawrence Mark
Vellucci
offers a first-
hand account**

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of his years
spent in
Okinawa
learning
traditional
karate from
its masters.
"My Way Of
Kobudo" Book
One is an
introduction
of various

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**Okinawan and
Japanese
ancient
Martial Arts
weapons
including the
Bo; Tonfa;
Kama; Sai and
the Nunchaku
Kata (patterns
/forms) along
with some**

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appropriate
analysis of
the weapons
suitable for
the beginner
to advance
level
practitioners.
www.shitoryu.org

The Essence of
Karate

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The Master

Text

Proactive

Strategies for

Urban Youth

To-te Jitsu

The Art of

"Empty Hand"

Fighting

Moving Zen

Scientific

Karatedo

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A step-by-step approach to applying the Japanese warriors mind set to martial training and daily life. Lyoto Machida is considered by many to be the next big MMA superstar

Discusses all facets of karate training, including strikes, kicks, blocks, stances, preset forms, sparring

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combinations, throws,
chokes, joint locks,
meditation, warm-ups,
and self-defense
techniques against
weapons

Describes the
fundamental techniques
and maneuvers of karate
and illustrates nineteen
different forms

A Study of Its Deadly
Origins, Ideology of
Peace, and the

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Techniques of Shito-Ry

u

The Art Beyond

Techniques

The Medical

Implications

Best Karate

Karate-Do

African American Men

in Crisis

Judo Memoirs of Jigoro

Kano

Recounts the

author's two-and-a-

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half-year karate training in Japan, his progress from white belt to black belt, and his realization of gentleness and tranquility through the martial arts "Karate-do: the Art Beyond Techniques" offers a unique insight into

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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
technical skills and

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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 students to explore

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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 the reader into understanding the etymology of budo,

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karate, and the significance of how training can be applied in daily routine.

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

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a martial art practiced throughout 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

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Confucian classics, he was a 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,

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techniques and 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 author reveals what

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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, even of poverty; his strict observance of

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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.

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

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

The Way of Karate
Nintai

Machida Karate-Do
Mixed Martial Arts
Techniques

Beyond Technique

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Thinking about Goju-

Ryu

A Manual for the

Way a Modern

Warrior Should

Think

The most

authoritative and

respected book in its

field has been

completely revised

and updated. A team

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of medical experts and martial artists devoted three years to researching and compiling an accurate, detailed report of the injury potential of karate strikes.

Karate is not just a sport or a hobby—it ' s a

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lifetime study toward perfection of character. Here, Dave Lowry, one of the best-known writers on the Japanese martial arts, illuminates the complete path of karate including practice, philosophy, and culture. He

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covers myriad subjects of interest to karate practitioners of all ages and levels, including:

- The relationship between students and teachers
- Cultivating the correct attitude during practice
- The differences between karate in the

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- East and West
- Whether a 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 years studying karate and the budo arts, Lowry is an

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informative and
reliable guide,
highlighting aspects
of the karate path that
will surprise,
entertain, and
enlighten.

Karate: The Art of
"Empty-Hand"
Fighting is the
definitive guide to
Shotokan Karate - the

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most widely practiced style of Karate - and has inspired millions of Karate 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

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Karate.

Ginchin Funakoshi was the founding father of the principles and techniques of karate in Japan. This is the original text of Master Funakoshi's first exposition of Okinawan karate. The text elucidates his

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teaching and
training methods, while
the photographs
show Funakoshi
demonstrating kata.
Discovering the Spirit
of Practice
Philosophical Lessons
in Okinawan Karate
Deadly Karate Blows
Black Belt Karate
Karate-d

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(Okinawan/Japanese)

Book One

Karate: The Art of
Empty Hand Fighting

*Karate: The Art
of "Empty-Hand"
Fighting is the
definitive guide
to Shotokan*

*Karate—the most
widely practiced
style of
Karate—and has*

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*inspired
millions of
Karate
practitioners
worldwide.*

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

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*sport of Karate,
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 the
instruction of*

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Gichin

*Funakoshi, the
legendary
founder of
Shotokan Karate.
He helped
establish the
Japan Karate
Association and,
as head of the
JKA's
instructors
training
program, was*

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*instrumental in
bringing Karate
to the U.S. and
other Western
countries. When
he arrived, he
proceeded to
train the first
great generation
of Karate
instructors
spanning a whole
new generation
of martial*

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*artists. Highly
accessible and
richly
illustrated with
over 1,000
photographs,
this book is a
comprehensive
manual with step-
by-step
instructions to
all the basic
movements and
techniques of*

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*Karate. Topics
covered include:
A brief history
of Karate
Theories and
principles of
the martial art
Effective
training and
exercise methods
Karate
techniques
including
stances, blocks*

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and attacks

*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
Karate, Karate:
The Art of
"Empty-Hand"*

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Fighting provides analyses from the standpoint of physics, physiology, philosophy, and body dynamics. The book's techniques apply to all styles of the martial art and is a valuable

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*reference for
any Karateka—str
essing*

*Nishiyama's
lesson that
mastery of the
basics is not
the end but
merely the
beginning of a
lifelong
journey.*

*Learn how to
target the*

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*weaknesses of an
attacker and
effectively
exploit them in
order to defend
yourself. The 36
Deadly Bubishi
Points gives
detailed
explanations on
how the pressure
points of
traditional
Chinese medicine*

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*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
closely examines
these vital
points and the*

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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

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meridians which circulate energy throughout the body. Through detailed step-by-step instructions and over 96 photographs and illustrations, The 36 Deadly Bubishi Points shows how this knowledge can be

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employed in self-defense. Respond to an attacker by employing these ancient methods in modern, violent situations. Treasured for centuries by karate's top masters, the Bubishi is a classic Chinese

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*work on
philosophy,
strategy,
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*

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*Bubishi was a
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
copied passages*

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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 Patrick McCarthy spent over ten years

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*researching and
studying the
Bubishi and the
arts associated
with it. The
first English
translation of
this remarkable
martial arts
manual includes
numerous
explanations and
notes.*

McCarthy's work

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*also includes
groundbreaking
research on
Okinawan and
Chinese history,
as well as the
fighting and
healing
traditions that
developed in
those countries,
making it a gold
mine for
researchers and*

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*practitioners
alike. For the
final word on
the true origins
and spirit of
classic Okinawan
martial arts,
one need look no
further. This
karate book is
one of the best
karate training
supplements
available.*

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*In Black Belt
Karate, Hirokazu
Kanazawa, the
most respected
figure in the
karate world,
offers a
systematic
approach to
basic karate,
and provides an
intensive
training course.
Karate is a*

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*martial art that
can be practiced
by anyone,
regardless of
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:*

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*kihon (basics),
kumite
(sparring), and
kata (forms).
Using
meticulously
detailed
explanations and
illustrative
photos, Kanazawa
provides readers
with an
intensive self-
study training*

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course designed to be accessible to beginners, as well as to those already at an intermediate level. If practiced continuously and diligently over the course of a year, a practitioner will be able to

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*attain black-
belt-level
proficiency.*

*Praise for Black
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*

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*careful
practice,
gaining
proficiency is
all but
guaranteed. For
anyone setting
out to master
karate-do, you
hold in your
hands a fine
book
indeed."*—The
late Masatoshi

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*Nakayama, former
chief instructor
of the Japan
Karate*

*Association and
author of
Kodansha's Best
Karate series
Advanced Karate-
Do*

*The Karate Way
The Classic
Manual of Combat
The*

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*Groundbreaking
Work on Karate
Karate-dō Kyōhan
Karate as the
Art of Killing
A Guide to
Sparring 40th
Anniversary
Edition*

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

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an informa
company.

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
1882 to 1928.

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The legendary 20 guiding 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

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long-awaited
treatise is a
provocative and
long overdue read
for martial arts
enthusiasts and
followers of karate.
Grounded in a
comprehensive
overview of the
philosophical and
spiritual

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foundations that underlie karate, The Art of Killing emphasizes its original purpose: to kill an attacker swiftly and brutally. Prior to 1900, karate-d was exclusively an art of unarmed self-defense. Its

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practice was designed for life-or-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

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away from its
popular modern-
day sporting
applications back
to its deadly
origins---and to the
restraining
philosophy of
peace, self-
sacrifice,
compassion, and
service to others

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that necessarily accompanied it. With chapters on kokoro (heart, mind, and spirit), ki (spirit and energy), and the seven major precepts of bushidō, *The Art of Killing* shows readers that the lethal art of karate

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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
contain detailed

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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

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will learn:

- The purpose and meaning of karate-
- d
- The origins and major precepts of bushid
- Training methods, preparation, and etiquette
- Fundamentals, spiritual power,

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training patterns,
and analysis and
application of kata

- About the body
as a weapon

My Life in Prison
Secrets of karate
The Science and
Technique of
Pressure Point
Fighting - Defend
Yourself Against

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Pressure Point
Attacks!
Bubishi
The Original
Teachings of
Gichin Funakoshi
The Twenty
Guiding Principles
of Karate
Concepts,
Techniques, and
Training Methods

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**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.
Gichin Funakoshi
is a legendary**

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figure and the founder of Shotokan karate, the most popular style of Japanese karate, with millions of practitioners worldwide. In The Essence of Karate, Funakoshi creates, in his own words, a

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**narrative of
modern karate.
He explains the
philosophical
and spiritual
underpinnings
and includes
memories of his
own training, as
well as
recollections of
other karate
masters and the
history of the**

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martial art. He also discusses the importance of winning without fighting, and the reason why many great martial artists improve with age. The preface has been contributed by Hirokazu

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Kanazawa,
President of the
Shotokan Karate-
do International
Federation (and
Funakoshi's
disciple). He
fondly writes of
his memories of
Gichin Funakoshi
during his youth
and what he
learned from the
master. In the

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afterword, the founder's great-nephew, Gisho Funakoshi, shares previously unknown personal anecdotes about his "Uncle Funakoshi."
American Freestyle Karate - A Guide To Sparring has

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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 work for any martial

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

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**subject of free-
sparring just
got better!**

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

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**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
(application) in
Okinawan Goju-**

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**Ryu karate.
Hopkins offers
his personal
reflections on
the enigma of
karate kata
while explaining
many of its litt
le-understood
applications.
With skill and
insight into
kata's
connection to**

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nature, the book addresses key topics such as why some movements are done slowly while others are fast, the significance of steps and turns, and the role of tradition in karate. The purpose of kata

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solo patterns is to solidify specific self-defense techniques. Contrary to the commonly held belief that kata techniques can have multiple interpretations, Hopkins argues that kata embodies

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specific martial principles that must be followed rigorously for it to be truly effective. He also reveals the spiritual dimensions of martial arts by explaining its deep connection to nature.

Providing new

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**understanding of
kata structure,
themes, and
martial art
principles,
Hopkins sheds
light on the
practitioner's
journey.**

**Reflections and
Lessons from the
Dojo**

**The Master
Introductory**

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Text

**Karate Do Kyohan
Essential Karate
Book**

**Gojushiho Dai,
Gojushiho Sho,
Meikyo**

**For White Belts,
Black Belts and
All Karateka in
Between**

**American
Freestyle Karate**

The Essence of
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Okinawan Karate-Do presents the teachings of legendary martial arts master Shoshin Nagamine, founder of the Matsubayashi school of Shorin-ryu karate-do. Used for generations as a practical and pictorial guide, it contains over 1,000 photographs to document eighteen

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classic karate kata
(preset forms) and
seven yakusoku
kumite (prearranged
partner exercises), as
well as basic
techniques. This book
is a precise and easily
accessible pictorial
guide to performance
and perfection of
traditional karate. The
only book in English

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with photos of one of the great prewar masters demonstrating the proper execution of Okinawan karate, *The Essence of Okinawan Karate-Do* is a bridge between karate's legendary past and the practitioners of today. This ingenious and imaginative text

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explains the historical 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 teachers Ankichi Arakaki, Choki Motobu, and Chotoku Kyan.

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This classic Shotokan Karate Master Text has been printed for the explicit purpose of providing an exact reproduction of the complete original 1935 Japanese publication, preserving a historically accurate archive replica in the English language, that

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now can be
experienced and
enjoyed by all who
can appreciate its
significance. This
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

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pages through philosophical thought, physical and mental practice 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 personal character development are stressed through an

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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 in life was to share his knowledge and the benefits he acquired and experienced through a life of

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conscious self-discipline rooted in the principles of Karate Do. Gichen Funakoshi (1868-1957) was born in Shuri, Okinawa and, as a boy, began training with Yasutsune Azato (Shuri-te) and Yasutsune Itosu (Naha-te). Through many

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years of diligent practice these two styles were blended and became what is known today as Shotokan Karate. During the Ryukyu Kingdom of the 1600s the indigenous martial arts of Okinawa were blended with the fighting arts of Fujian, China, to formulate

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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 comfort to toughen their bodies and

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strengthen their spirit
in pursuit of
improving their odds
at protecting
themselves and their
loved ones. Chanpuru:
Reflections and
Lessons from the Dojo
offers glimpses into
the old ways of karate
through the personal
journey of Garry
Parker, a modern day

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sensei, who learned traditional karate the old way on Okinawa. Parker invites the reader to 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-

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conditioned 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 Parker's personal journey in karate. Part 2 is filled with essays on topics

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relevant to the study and practice of karate, including lessons learned, advice, the author's personal 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

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of Goshukan-ryu, 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.

The 36 Deadly
Bubishi Points
Karate-Do Nyumon

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The Intensive Course
The Spiritual Legacy
of the Master
Living the Martial
Way
Chanpuru