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The Heart Of Karate Do

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As a method of self-defence, karate has few equals, yet despite its great popularity, the essence of the art has been poorly grasped by many of its practitioners. Ancient in origin, the martial arts of the East have always had the development of man's spiritual, as well as physical, nature at their core.

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The Heart Of Karate Do (Bushido The Way Of The Warrior)

The Heart Of Karate Do by Shigeru Egami - Goodreads

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Karate, which has come to be regarded by the public as nothing more than a spectacular, high-kicking style of fighting-with homicide as the objective-has meaning far beyond this superficial interpretation. As a method of self-defense, karate has few equals, yet despite its great popularity, the essence of the art has been poorly grasped by many of its practitioners. Ancient in origin, the martial arts of the East have always had the development of man's spiritual, as well as physical, nature at their core. Karate-do, the "Way of Karate," is no different from the other martial arts in this respect. Animals are not muscle-bound; why should a man be? Pliancy and flexibility are natural characteristics of the human body; rigidity is the mark of death. Beginning with the warming-up exercises-neglected in earlier karate books-and continuing with the fundamental stances and techniques, the student can learn to preserve that pliancy and flexibility and at the same time develop his natural strength, agility and coordination. From the method presented in this book, the beginner can understand what it means to be calm of spirit but quick of mind. While actualizing the basic skills that lead to the confidence

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necessary to face any adversary, he will also develop the discipline that checks the misuse of such skills. More advanced students, also, will find much of value here, for the author's practice of karate spans more than four decades, and he assesses both the changes in ways of training and in the way of thinking—as well as the significance of these changes. He shows the path leading to strengthening of body and mind and, thus, to harmony of mind and body.

Instructions and photographs clarify the ancient martial art's fundamental stances and techniques as means to achieving flexibility, strength, coordination, and agility of body and mind

What does karate have to do with PTSD, and how does a veteran recover after military experience? How does karate help an aging karateka prepare for that very last dan exam? This book is the well-told story of a senior karateka's journey through fifty-one years of karate. Johnson Sensei tells us how karate became a tool to help him mend soul and psyche as a young man dealing with the aftermath of military experience. He also describes how karate became a way of living in his later years. Weaving through the decades with stirring, provocative, and engrossing true stories, you will experience Johnson's journey through the earliest days of triggers and unidentified symptoms, memories, and the role that karate has played in transforming anger and suffering into acceptance and peace of mind. Karateka will appreciate the stories of earlier days in karate, learning from the

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masters, karate politics, and survival. Michael Johnson, PhD, a veteran, a survivor of post traumatic stress disorder, a licensed psychotherapist, and a practitioner of karate for over fifty years, uses engaging personal stories that serve veterans of any age as well as new and experienced practitioners of karate.

A thorough reference about the International Karate Leagues's (IKL) founder, Walter Nishioka, and its katas. Included is a short biography of Walter Nishioka, a general discussion on kata, the philosophy of IKL and a detailed explanation of the IKL kata and their basic bunkai.

In Essential Shorinjiryu Karatedo, Masayuki Kukan Hisataka, ninth Dan Black Belt Karate master, introduces the highly innovative and effective Shorinjiryu Kenkokan Karatedo system. An integral system of Okinawan karate practiced for centuries, Shorinjiryu Kenkokan Karatedo is an evolving scientific martial art that incorporates elements from kung fu, Kudakajima Shishiryu bo jutsu, and Western and Asian medicine. In this detailed martial arts guide, Master Hisataka demonstrates the karate techniques, fighting combinations, and kata (preset forms) that have made him a leading international master of both karate and judo. It describes in detail basic karate strikes, kicks, and blocks, as well as the philosophy of yin-yang and the five elements and how that philosophy relates to fighting strategy and attitude. The history and development of karate from ancient times are covered in detail, with a focus on the Okinawan masters who brought karate to Japan. This book's

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430 photographs show karate fighting techniques in action, illustrating a variety of effective striking combinations, counters, and three classical karate kata. This is also the first book in English to show the use of Supersafe protective equipment in martial arts training.

Now available for the first time in English, *Tales of Okinawa's Great Masters*, the late Shoshin Nagamine's groundbreaking work, recounts the legacy and life histories of Okinawa's greatest martial artists. In addition to profiles of the legendary tegumi wrestlers, Nagamine-sensei features many of the world's great karate masters, including the founder of the core styles from which modern karate sprang. *Tales of Okinawa's Great Masters* corrects historical inaccuracies surrounding Okinawan martial arts and brings alive the greatest of the great masters. In this seminal martial arts history and biography, Nagamine-sensei presents the martial legacy of the Okinawan people and, to complement and emphasize what is of greatest importance in these tales and life histories, concludes with detailed instructions for the practice of zazen (sitting meditation). Already a classic in the Japanese edition, *Tales of Okinawa's Great Masters* is a must-read for all karate and tegumi enthusiasts, practitioners and researchers alike.

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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.

The Isshin-Ryu system of karate, or the "One Heart Way", was established in 1956 by Master Shimabuku Tatsuo in Okinawa. US Marines stationed there trained with Master Shimabuku and brought it back to the United States. This book is to serve as a resource to help Isshin-Ryu students to better personalize their understanding of this martial art system and to be better able to train others. Not only basics, kata, and sparring are covered, but also the history, philosophy, and culture underlying Isshin-Ryu are addressed.

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