

## *The Heart Of Karate Do*

**Unlocking the secrets of the Karate Kata, Elmar Schmeisser meticulously explores the core of Shotokan's Heian Kata. This text is a "must-have" for any serious karate student who wants to truly understand how Kata works and where real applications seem "hidden".**

**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. This book is the most comprehensive and authoritative reference ever published on the wide range of martial arts disciplines practiced in cultures around the world. • Includes the scholarship of 67 expert, international contributors • Presents 30 images of martial arts in practice • Offers bibliographic lists at the end of each section pointing to further reading in print and online • Includes a comprehensive index in each volume**

**Inspired by Jerry Figgiani's articles for Masters Magazine, this book provides in-depth interviews and insights from the modern karate masters including: Frank Grant, Joseph Carbonara, Kensei Taba, Takeshi Tamaki and Masahiko Tokashiki. Plus special remembrances of the okinawan greats including: James Wax, Ansei Ueshiro, Soke Takayoshi Nagamine, Parker Shelton and Joe Lewis. You'll also get in-depth understanding of the seven Yakusoku Kumite (two person fighting techniques) and the true origins of the original mixed martial art. Yes, MMA is actually hundreds of years old! This book features many historical photographs of the Masters.**

**Beyond Technique**

**The Heart of Karate-dō**

**The Essence of Karate**

**Traditional Karate-do: Performances of the kata**

**Isshin-Ryu Karate-Do**

**Karate-do**

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 long-awaited treatise is a provocative and long overdue read for martial arts enthusiasts and followers of karate.

Gichin Funakoshi is a legendary 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 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 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 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 afterword, the founder's great-nephew, Gisho Funakoshi, shares previously unknown personal anecdotes about his "Uncle Funakoshi."

Treasured for centuries by karate's top masters, the *Bubishi* is a classic Chinese 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 *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 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 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 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 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.

An illustrated step-by-step guide to the structure, themes, and techniques of Suparinpei--the last kata of Goju-ryu. Suparinpei, or Pechurin, is the highest and most difficult kata in the Goju-ryu system of Okinawan karate. Its performance has long been reserved for high-level practitioners, its history and applications obscured by misunderstanding and misinterpretation. In this indispensable manual by experienced master Giles Hopkins, readers will learn the skills, techniques, and bunkai of this little-understood kata, step by step. Suparinpei explores the initial receiving, bridging, controlling, and lethal finishing techniques in sequence, and offers illustrations of both the applications and movements of Suparinpei. Hopkins questions conventional interpretations of kata movements, suggesting instead that there is only one originally intended application for each move in kata, and that each is to be understood in sequence and not as isolated components. This strict interpretation of kata movements reveals not only realistic self-defense executions, but also potentially the original intent of kata.

**Parting the Clouds - the Science of the Martial Arts**

**A Guide to the Secret Heart of Asian Martial Arts**

G j -Ry Karate-D Desk Reference 剛柔流空手道 参考書 Volume 1 (2nd Edition): Introduction & Historic Chronology 武道, 武術の歴史

Heart of the Heians

Bubishi

### TACTICAL PRINCIPLES OF THE MOST EFFECTIVE COMBATIVE SYSTEMS

An authoritative text providing the newcomer to karate with all they need to know. Packed with clear photographs detailing techniques and kata (the combinations of techniques students must master to progress through the belts), this book is organized and designed to take the student step-by-step through the progression of the martial art, taking each belt in turn. Photographs are accompanied by clear instructions from the author, a trained instructor with his own karate school. Karate is a martial art that focuses on the application of strikes using the hands and feet. It originated in Japan and has become popular throughout the world. There are many styles of karate but the most widely practiced outside of Japan is Shotokan. Training in karate is normally divided into three sections: the basic technique; kata, or sequencing of techniques to imaginary opponents; and kumite, the sparring done with an opponent. Gradings are the exams needed to progress to the next level. Typically, three months is needed to progress through each grading. There are usually three or four gradings per year, each with a syllabus. In total a student must passten gradings in order to get a black belt--this, on average, takes a student four years to attain. Packed with useful how-to diagrams and guides on technique, this book covers the training required to attain a black belt.

Teaching is an art. Effective martial arts teachers must not only be competent practitioners but must also develop the communication and interpersonal skills of any good teacher. In this collection, twenty-six experienced martial arts teachers discuss the process of learning and teaching a martial art, from the 'nuts and bolts' of teaching technique to the philosophical underpinnings of training.

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

Kyokushin Karate Notebook with a colour picture of martial arts high kick on the front cover and different flying kick on the rear. Text on front Kyokushin KARATE-DO NOTEBOOK. The back of your book has Karate Do written in Japanese the way of or the art of empty hand. It also says... "The heart of our karate is real fighting. There can be no proof without real fighting. Without proof, there is no trust. Without trust, there is no respect. This is a definition in the world of Martial Arts." You have 120 pages each with a ruled edge and lines. Perfect for you to keep track of your progress or great just for keeping notes on anything.

Essence of Okinawan Karate-Do

The Heart of the International Karate League

Machida Karate-Do Mixed Martial Arts Techniques

Advanced Karate-Do

The Tekki Series

My Kyokushin Karate 120 Page Ruled 6 X 9 Notebook Jotter Bullet Journal for Notes - Grading Revision - Patterns - Training Martial Arts - I Train Karate Just for Kicks

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 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 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 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 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 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 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.

Here the usually hidden secrets of karate techniques are revealed in easy-to-understand, clearly explained and illustrated sequences. Utilizing over 330 photographs, The Tekki Series allows a continuous visualization of an opponent during the entire kata, without missing or overlapping motions in the kata sequence. Elmar Schmeisser is a 7th degree black belt and a master instructor with the International Society of Okinawan/Japanese Karate-do and the International Shotokan-ryu Karate-Do Shihankai. Involved in the martial arts for five decades, Schmeisser-Sensi is an authoritative and innovative instructor specializing in Kata Bunkai. Author of Advanced Karate-do, as well as Channan, the Heart of the Heians, Schmeisser-Sensei is a teacher of all ages, an internationally recognized authority, and a brilliant innovator in the modern practice of the ancient art of Karate.

Auditors V1 (2nd Ed): Introduction & Historic Chronology 剛柔流, 剛柔流 The previewers edition of Volume 1 revised 2nd edition is exclusively hosted on Google Books for the sole purpose of auditing, editing, review and reference to immediate and trusted auditors and contributors only. Auditors and contributors, please send your edit recommendations to gojuryu@gmail.com. If this document is found published or found anywhere online, please report it's reproduction to gojuryu@gmail.com or info@gojuryu.net. In the 2nd edition of Gōjū-Ryū Karate-Dō Desk Reference 剛柔流 剛柔流 Volume 1 Introduction & Historic Chronology 剛柔流, 剛柔流, we broadly expand the lineage of Goju-Ryu and related histories of Karate-Do. Additionally, we release previously unpublished or unidentified photos of Miyagi Chōjun 宮城 長春 as well as greatly expand the list of his known students. Furthermore, we have updated content and articles directly relating to the history of Gōjū-Ryū Karate-Dō being a native style of Okinawa. Gōjū-Ryū Karate-Dō Desk Reference 剛柔流 剛柔流 is the authoritative text providing a concise and comprehensive history of Gōjū-Ryū Karate-Dō in chronological order. Broadly investigating the lineage of Gōjū-Ryū and related histories of Karate-Dō. Including many previously unpublished photographs and data, the author dispels several often-repeated martial arts myths. In this, the 2nd edition of Volume 1 we include several additional, previously unidentified photo's of Miyagi Chojun and greatly expand on his life and his students. All Karate-Dō is from Okinawa, having spread throughout the world. There are several styles of karate from Okinawa however the most popular practice on the Island is Gōjū-Ryū Karate-dō. Organized biographies related to Goju-Ryu include: Arakaki Seishō 荒木 清生 Ryūryū Ko 龍龍 公 (Liu Long Gong) Higashionna (Higaonna) Kanryō 高橋 寛 漢 彦 彦 Hanashiro Chōmo 花城 長基 Dr. Kanō

Jigorō Miyagi Chōjun Yamaguchi Gōgen Miyazato Ei'ichi Ujita Shōzō Kizaki Tomoharu Tasaki Shūji Yamaguchi Gōsei Norimi Yamaguchi Gōshi Hirofumi Higaonna Morio Tetsuji Nakamura About the author: Johnpaul Williams has been a catalyst connecting Gōjū-Ryū Karate-Dō practitioners across the globe. He currently teaches at several locations in Silicon Valley, California. His ventures have included, Gojuryu.net, www.gojuryu.network, JKF Gōjū Kai Networking project and the founding of multiple Martial Art, Budō groups and unbiased forums. In addition, the author is a long time member of the Japan Karate-Dō Federation Gōjū-Kai, Dai Nippon Butokukai (DNBK), USA Karate (USANKF) and Gōjū-Ryū Karate-Dō Seiwakai. Johnpaul is also credited for a range of projects from the digital character model for "Street Fighter" (IMDb: 1987) to distinctive Gōjū-Ryū Karate-Dō research & contributions and multiple publications and articles.

Karate-do evolved as a martial art in Okinawa, where it was nurtured by centuries of Okinawan culture and innovation. What inspired the ancient masters to develop these martial techniques and practices was the human instinct for self-preservation, not a desire for entertainment or sporting competition. Traditional Karate-do should be practiced with this in mind. Here you will find a complete personal training handbook to supplement training in any Karate-do system or other martial art style. This 2nd Edition is fully revised and greatly expanded. Features include martial philosophy, theory and practice; optimizing nutrition; physical training; and strategic studies. Bruce Lee advised all martial artists to "Absorb what is useful" and every martial artist will find something of value here. The authors sincerely hope this book will inspire you to train even more diligently, and that the experiences and research shared here will be useful on your lifelong journey as a martial artist.

Traditional Karate-do: The fundamental techniques

A Fighters Guide to the Physics of Punching and Kicking for Karate, Taekwondo, Kung Fu and the Mixed Martial Arts

Channan

Suparinpei

The Heart of Understanding: Karate and Kokoro

An Encyclopedia of History and Innovation

Karate-Do evolved as a martial art in Okinawa, where it was nurtured by centuries of Okinawan culture and innovation. What inspired the ancient masters to develop these martial techniques and practices was the human instinct for self-preservation, not a desire for entertainment or sporting competition. Traditional karate-do should be practiced with this in mind. Here you will find a complete personal training handbook to supplement training in any karate-do system or other martial art style. The authors have systematically organized their experiences and research into easily digestible segments and have included numerous photographs throughout the text. This book will inspire you to train even more diligently, and the experiences and research shared here will be useful on the journey of any traditional martial artist.

Master the techniques and warrior spirit of karate with this illustrated martial arts guide. The true essence of karate-do is integrated training of the body, mind, and spirit to fully achieve human potential.

Karate: Technique and Spirit describes in detail all the steps necessary to attain this goal. It is a book of Karate technique, a guideline for training, and a patient exposition of moral philosophy. Kaicho (grand master) Nakamura takes us from the basics—warmups, punches, blocks, and kicks—to the advanced practice of traditional weapons and kumite (sparring), all the while grounding the physical expression of this martial art in its rich history and philosophy. With over 700 photos, Karate: Technique and Spirit vividly conveys the essence of karate-do and how it can bring deeper meaning to our daily lives. Chapters include: Foundations of Karate; Basics of Karate-Do; Postures and Stances; Natural Weapons; Kata (Formal Exercises); Kumite (Fighting) and more!

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 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 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 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 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 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 years of diligent practice these two styles were blended and became what is known today as Shotokan Karate.

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.

Kyokushin Karate-Do NOTEBOOK

Karate Do Kyohan

Essential Shorinjiryu Karatedo

Beginner to Black Belt

Martial Arts of the World: An Encyclopedia of History and Innovation [2 volumes]

The Shotokan Karate Bible 2nd edition

*This remarkable book gives the reader a unique insight into an amazing five-year study of a single kata (Gojushiho). It shows the depth that is waiting to be discovered by the close study of kata, covering an incredible range of subjects including: \* imagery \* the psychology of confrontation \* the common acts of physical violence \* vital points and how to exploit them \* the methodology for the break-down and understanding of kata \* the applications of the kata \* the principles of karate and how to apply them \* the applications (in detail) for each of the movements of Gojushiho \* the major variations of each application \* objective measurements regarding their practicality \* how to link the applications together The author also explains how to undertake your own study using a single kata of your choice, and how to build a training regime based on the kata. If you have ever wondered what kata is really all about then this book is for you. When karate was a secret art, practiced in the back yards of Okinawa by a few dedicated masters and their disciples, it was usual to train in a single kata for many years. A master of karate would know just one, two or possibly three kata. Through the deep study of those few kata the master karateka would possess a complete self-defence system, he would be well versed in the underlying principles of karate and he would have a memory aid which would map out his complete training regime. Over the last century the practice of a single kata has disappeared from karate practice. The deep understanding of a few kata has been replaced by the superficial understanding of many. This book shows you in great detail how to recover that understanding and how to put kata back at the heart of karate. What leaders in the field have to say about the book: "Without question this book adds to the body of knowledge in the study of karate" - Rick Clark*

*Here is a book that every student and teacher of the combat arts will want to have in their personal library. There has never been a book about the combat arts as unique as this one. If you would love to know the basic tactical principles of some of the world's most effective fighting and combat systems this book is for you. There are more than 30 different arts and their tactical principles in this book. This is a manual you will refer to often as an excellent reference source on tactical principles.*

*Grounded in a comprehensive overview of the 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-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 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, 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 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 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 weapon*

*Provides instruction in the techniques of the Okinawan style of karate and describes karate stances and training exercises*

*Catkwondo*

*Putting Kata Back at the Heart of Karate*

*Karate Technique & Spirit*

*Fundamentals of Karate-Do*

*Martial Arts Teachers on Teaching*

*Scientific Karate Do*

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 the philosophy of IKL and a detailed explanation of the IKL kata and their basic bunkai.

The Essence of 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 several generations as a practical and pictorial guide, it contains over 1,000 photographs to document eighteen classic karate kata (preset forms) and seven yakusoku kumite (prearranged sparring 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 with a photograph 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 explains the historical landmarks in the development of style, vividly outlines its leading forms and techniques, and recalls the names of Okinawan karate men of the past, including the author's teachers Ankichi Arakaki, Choki Motobu, and Chotoku Kyan.

Kitten wants to break a board, and she wants to do it now. But Tae Kwon Do is not easy. Kitten must focus. She must practice. And above all, she must be patient. Will Kitten's courage and dedication pay off when it's finally time to break a board? Author Lisl Detlefsen delivers a turbo-charged story filled with action, fun, and encouragement. Korean phrases are included throughout Catkwondo, and the Tae Kwon Do Oath and a Tae Kwon Do glossary complete this energetic picture book.

A truly exhaustive text on the myriad disciplines that make up karate, Scientific Karatedo is the ultimate guide to this popular martial art. First written in 1976, Scientific Karatedo stands as one of the best books ever written on karate. This classic work is a complete guide to all facets of karate training, describing not only strikes, kicks, blocks, and stances, but also Warm-Ups Forms Sparring techniques Multiple combinations Throws Chokes Joint locks Weapons Use Meditation Examples Self-defense techniques against weapons Self-defense f

women. No other karate guide covers such a wide range of subjects. Illustrated with over 1,900 photographs, Scientific Karatedo is an easy to understand guide written with the layman's mind, but contains enough advanced techniques to satisfy veteran practitioners. The author also describes the theories, ethics, etiquette, history, and spirituality of karate, and has information on the Koshiki Karatedo competition system and Supersafe protective equipment.

The Classic Manual of Combat

The Way of Karate

Master Text for the Way of the Empty-Hand

Bunkai: Secrets of Karate Kata

Zen in the Martial Arts

Five Years, One Kata

This is a book that's long overdue: One that provides information that has never before been published, compiled or analyzed in a way that's designed to help fighters. This is a guide to the science of kicking and punching that can settle the debates about which techniques are the most effective and why. It will help a fighter to fight, an instructor to teach and martial artists to advance by working things out for themselves. There is no magic involved in the martial arts. The force and power that is displayed by an expert fighter is the consequence of rigorous training in the accurate application of physical laws. Understanding how to use these laws of physics to create massive impact forces will provide a personal insight into the practice of correct technique and form. This unique piece of work will act as a technical reference that provides the facts and figures that fighters seek, including records of the maximum force and speed achieved by some of the best present day warriors, helping to answer many of the most difficult questions in the martial arts.

Lyoto Machida is considered by many to be the next big MMA superstar

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 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.

"A man who has attained mastery of an art reveals it in his every action."--Samurai Maximum. Under the guidance of such celebrated masters as Ed Parker and the immortal Bruce Lee, Joe Hyams vividly recounts his more than 25 years of experience in the martial arts. In his illuminating story, Hyams reveals to you how the daily application of Zen principles not only developed his physical expertise but gave him the mental discipline to control his personal problems—self-image, work pressure, competition. Indeed, mastering the spiritual goals in martial arts can dramatically alter the quality of your life—enriching your relationships with people, as well as helping you make use of all your abilities.

My Way of Life

The Twenty Guiding Principles of Karate

Karate-Do

From the Minds of the Masters

A Study of Its Deadly Origins, Ideology of Peace, and the Techniques of Shito-Ryu

Pressure-Point Fighting

*Supplement your martial arts skills with this expert guide to pressure point fighting. Western students of Asian martial arts have long been haunted by the aching suspicion that something is missing from the arts they love and practice wholeheartedly—something intangible, but something so essential that its absence leaves an unbridgeable void. For many, that missing ingredient is a true and thorough knowledge of the body's vital points: what they are, where they are, how to quickly find them under duress, how to use them, constructively or for destruction—and how to recognize them in the kata, hyung, or forms they thought they knew so well. In Pressure Point Fighting, martial arts expert Rick Clark offers a systematic introduction to this knowledge and to the tools needed to ferret out more of this information from forms and techniques already in place—knowledge and tools that are not dependent upon acceptance of the tenets of traditional Chinese medicine, or modern Western medicine, for that matter, but which are based solely on open-minded observation and willingness to try new, or old, approaches to martial arts training.*

*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 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.*

*Concepts, Techniques, and Training Methods*

*The Last Kata of Goju-Ryu Karate*

*Karatekas of Karatedo - Issue No.1 - FEB 2012*

*The Spiritual Legacy of the Master*

*Karate as the Art of Killing*

*Tales of Okinawa's Great Masters*