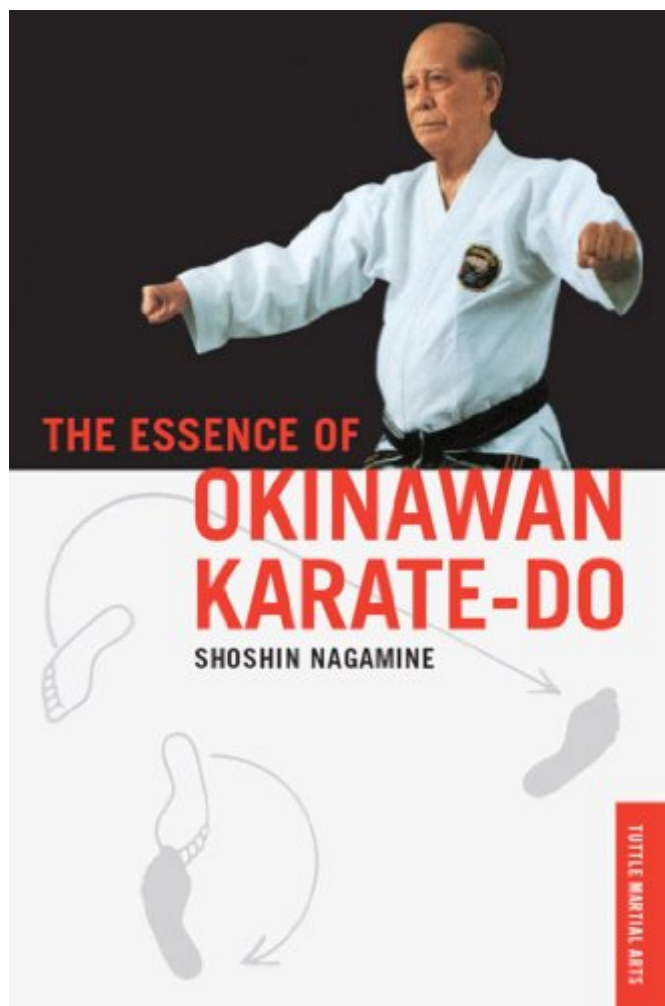


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# Essence Of Okinawan Karate-Do



## Synopsis

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 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 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 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 explains the historic 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.

## Book Information

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## Customer Reviews

I have quite a large library consisting of approximately 300 martial arts publications. This tops all on

my list. It contains actual photographs of Nagamine himself performing ALL original 18 Matsubayashi-Ryu Kata plus so much more. It tops Funakoshi's book by a long shot because it is 100% Okinawan and does not vary from the most effective traditional Te. Whether you are a beginner or you are a master, this book should be your go-to guide. Nagamine Sensei was a very educated man that really knew what he was talking about. This is my top 5 recommended reading: 1. The Essence of Okinawan Karate-Do by Shoshin Nagamine 2. Karate-Do Kyohan: The Master Text by Gichin Funakoshi 3. Goju-Ryu Karate-Do Kyohan by Gogen Yamaguchi 4. Tiger Scroll of the Koga Ninja by Jay Sensei 5. The Judo Handbook: From Beginner to Black Belt by Brian Caffary Honorable mentions include The classics: The Art of War and The Bushi My experience includes a Shodan in Goju-Ryu and Hachikyu in Kobayashi-Ryu.

Was disappointed not much difference from other karate books not enough about Okinawan karate etc

wonderful book, I read it often and keep getting more sugar each time

I knew nothing of karate and its history and this book gave me a great insight. It explains its forms (katas) and why each technique was created. I grew up learning boxing, Thai boxing, and grappling and was curious of karate and its many styles. My reasons for giving this read five stars is because it gave me a greater insight on real combat and not sport. Karate is great self-defence to learn, but the only reason I say this is because I have experience in fighting arts and I was told that karate was not effective in combat. I chose to have an open mind and found a great reason to learn karate. Enjoy.

Very informative and helpful details. Grateful and many thanks.

Nagamine Shoshin was a grand master (1907-1997) who created the Okinawan style of Shorin Ryu Matsubayashi and was well versed in Okinawan history and Karate-Do in general. His writing on the subject is clear and interesting, with historical stories of great masters who preceded him and detailed elements of his art, including photographic detail of each of the eighteen kata in his style. Although I am not a member of the Matsubayashi organization, I have studied, practiced, and taught the principles and kata in this book for 33 years and hope to continue for many years to come. I believe that this book is a must-have for all practitioners of traditional Okinawan Karate-Do.

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