

Shotokan Masters: In Their Own Words

By Jose M. Fraguas

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A rare and definitive book featuring the Japanese masters of the most popular style of Karate in the world. This outstanding compilation gathers the best Japanese Shotokan masters in one comprehensive volume; in their own words, they explain the philosophy, training and spirit of the art. Legendary masters of the teachings of Grandmaster and founder Gichin Funakoshi, like Tsutomu Ohshima, Masatoshi Nakayama, Taiji Kase, Hidetaka Nishiyama, Teruyuki Okazaki, Takayuki Mikami, Hirokazu Kanazawa, Keinosuke Enoeda and others contemporaries, openly talk about their struggles and training in the art of the “empty hand.” This excellent book provides fascinating insights into the true lives and times of the masters of Shotokan Karate

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Shotokan Masters: In Their Own Words By Jose M. Fraguas Bibliography

- Rank: #3726839 in Books
- Published on: 2006-10-01
- Original language: English
- Number of items: 1
- Dimensions: 9.00" h x .33" w x 6.00" l, .44 pounds
- Binding: Paperback
- 160 pages

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