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Karate developed in the islands of Okinawa as a weaponless method of self-defense. In traditional Okinawan karate, kata (form) and kumite (fighting) were not divided, they were taught together as one art. Today, however, as a result of Western influences which treat it mainly as a sport, karate is taught quite differently.

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## **The Essence of Okinawan Karate-Do - Tuttle Publishing**

His classic work, *The Essence of Okinawan Karate-do*, documents eighteen of the Okinawan karate kata and seven partner exercises (kumite), as well as a number of basic techniques, transmitting the secrets of Okinawan karate from its greatest masters to the modern reader.

## **The Essence Of Okinawan Karate - Do - Academy Of Karate ...**

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The Essence of Okinawan Karate-Do By Shoshin Nagamine. September 13, 2014 . "Too many people rather be the head of the chicken than the tail of the cow!" Hanshisei Takayoshi Nagamine.

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THE ESSENCE OF OKINAWAN KARATE-DO The Manual to Shorin-Ryu Matsubayashi-Ryu Karate (click on cover) To locate any other Martial Arts text or Video, enter another author's name, title or keyword. 1st DVD: 2nd DVD: 3rd DVD: Send comments regarding this page to ...

## **Shorin-Ryu Matsubayashi-Ryu Katas - Okinawan Shorin-Ryu**

OKINAWAN KARATE-DO KOBUDO NO KYOZUI <Essence Okinawan Karate and Kobudo History>. By Hokama, Tetsuhiro. 1999. Printed in Japan. 392 pages 5 3/4 by 8 1/4, 392 pages, JAPANESE Language. \*\*\*Please note that with the exception of a genealogy and some references, this book is

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entirely in Japanese\*\*\*

## **OKINAWAN KARATE and KOBUDO Essence Book, 7 KATA, Okinawa ...**

The Essence of Okinawan Karate-Do, which has been reprinted many times, was first published in the English language in 1976. This was translated into the English language by Nagamine's student Katsuhiko Shinzato. Tales of Okinawa's Great Masters received its first English translation in 2000; [Bubishi].

## **Shōshin Nagamine - Wikipedia**

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.

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