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In this book I want to explain what karate was intended to be, how the people of Okinawa learned the art, and how, having mastered its deadly techniques, also succeeded in cultivating a calm and peaceful mind.

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Karate-Do owes its composition to diverse ancient fighting techniques such as Egyptian bare-handed fighting, Roman gladiatorial combat, Japanese sumo wrestling, Indian and Persian foot fighting, and the weaponless fighting found in Thailand, Malaysia,

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Karate 1 About the tutorial Karate is a form of self-defence technique that requires a good balance between body and mind. The word Karate means playing empty handed.

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Most of the book is given over to the original 15 kata of Shotokan, but basic techniques and kumite are also briefly covered. In addition, there are sections on the history, goals and development of karate. Interesting to compare the techniques and attitudes of the 1920's with those of today.

To Keith Yates, Jim Toney, Barry Guimbellot, Steve Weiss ...

Dedication To Keith Yates, Jim Toney, Barry Guimbellot, Steve Weiss, Russ Comerski, and Steve Rich, without whom this book would never have been written.

Books by G. Funakoshi - Karate Do

Books by G. Funakoshi (Funakoshi Gichin, November 10, 1868 April 26, 1957) is the founder of Shotokan Karate-Do, perhaps the most widely known style of karate, and is attributed as being the father of modern karate .