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Yokota Sensei has extensive martial arts experience. Not only does he have over 46 years of Shotokan Karate experience, he has also studied other styles of karate such as Goju-Ryu and Kyokushinkai, as well as Judo and Ki; his Kobudo weapons experience includes Nunchaku and Sai.

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Shotokan Myths by Kousaku Yokota (9781456807085)

However, Kousaku Yokota, Sensei at least treads lightly (too lightly as far as I am concerned, on some of the sacred cows of Shotokan karate. This excellent book questions numerous dogmas and will make all serious karate practitioners think a little more deeply about the myths and misconceptions of karate.

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Biograf í a del autor Shihan Kousaku Yokota, eighth dan, is a professional karateka with extensive experience in various martial arts. With over fifty years of training in Shotokan karate, he specializes in Asai Ryu Bujutsu karate.

Shotokan Myths: The Forbidden Answers to the Mysteries of ...

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Shotokan Transcendence is the third episode in the author's ongoing work, which goes beyond the myths and enlightenment of mysteries. Yokota Shihan provides straightforward answers often glossed over or unaddressed. The reader will find the thought-provoking material covered in his work simple and straightforward enough for beginners and yet ...

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Shotokan Myths: The Forbidden Answers to the Mysteries of ...

I have written previously about Shihan Kousaku Yokota, 8th Dan Shotokan Karate, and his book Shotokan Myths.. Note: For non-Japanese stylists, Shihan means a master level instructor, (above an ordinary Sensei). This is one master that I particularly hold in very high respect for 2 main reasons.

Interview with Shihan Kousaku Yokota, 8th Dan Shotokan Karate

In 2013 Shihan Yokota decided to put down his position within the WJKA as technical director to form his own federations ASAI (Asai Shotokan Association International). Sensei Yokota is an 8 th dan. Yokota sensei has published several books; Shotokan Myths, Kata Kyohon Junro and Kata Kyohon Joko.

Although there has been a lot of history and information published and written about Shotokan karate, in many cases, it is incomplete and sometimes inaccurate. It is the author's belief that valuable information should be passed down accurately and compiled in one place for easy reference. In this book, Shotokan Myths, the author has extensively assembled a plethora of information relating to the historical, philosophical, technical, and fundamental aspects of Shotokan karate. He gives straightforward answers to questions that anyone interested in the Japanese martial arts would like to know as well as more thoughtful and thought-provoking answers to questions that are more insightful. The material covered in this book is simple and straightforward enough for beginners to understand yet diverse and comprehensive enough for experienced martial artists to enjoy. The covered topics provoke all martial artists to think about what they know and challenge them to further rethink or explore their understanding to increase their knowledge. The author has trained with many Shotokan karate masters of old. They had a profound impact on his karate training, and he brings with him this living history. By sharing his thoughts and opinions in this book, he hopes to pass on an accurate history, his own experience, and the knowledge that he gained through his many years of training and teaching to the next generation of karate/martial arts practitioners. The author believes that to study karate is not to merely practice its physical movements but also to understand and respect its history and philosophy as well as to continuously challenge oneself mentally and

intellectually. He does not expect you to agree with everything he says but to have an open mind and not accept everything at face value. He expects you to look at things from an informed point of view and make your own decisions.

Intended as a textbook for “ applied ” or engineering thermodynamics, or as a reference for practicing engineers, the book uses extensive in-text, solved examples and computer simulations to cover the basic properties of thermodynamics. Pure substances, the first and second laws, gases, psychrometrics, the vapor, gas and refrigeration cycles, heat transfer, compressible flow, chemical reactions, fuels, and more are presented in detail and enhanced with practical applications. This version presents the material using SI Units and has ample material on SI conversion, steam tables, and a Mollier diagram. A CD-ROM, included with the print version of the text, includes a fully functional version of QuickField (widely used in industry), as well as numerous demonstrations and simulations with MATLAB, and other third party software.

Shotokan Mysteries communicates Kousaku Yokota's work and research into the great, deep golden chest of our continued rediscovery of Shotokan karate in a positive and reflective approach. This book reaches out, openly guiding the reader into recognizing karate as a whole thing itself, paving the way to allow for questions and the subsequent answers to run side by side in a noncritical way, and transcending any misinterpretation or misunderstanding in practice and cultural relationships to the topics and chapters contained within its pages. As the title suggests, the aim of the book is to clear up and correct many collective myths about Shotokan karate. Of course, the author's work and research aren't just directed at the Shotokan community. They can be easily accessed and applied to all areas of training within the martial arts genre. He does this by simply describing that a lack of knowledge can be easily changed by challenging and changing your own personal understanding, taking down the boundaries of stuck thought and what is termed far too often as "right and wrong," and dispelling the myths which surround our shared art. The information, in whatever form the author puts it forward, transfers to the collective minds of those who share our common passion and is routinely communicated in such a straightforward way that it allows absolutely anyone from any culture or walk of life to understand better and at a higher level the martial art which they have chosen to do. This the author does with humility, displaying a continuous spirit and correctness reflected in his lifelong practice of karatedo.

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".

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

From New York Times bestselling author Kimberla Lawson Roby comes the ninth installment in her award-winning Reverend Curtis Black series. It's been months since Reverend Curtis learned that his wife Charlotte had affairs with two different men, and for now, he continues to be cordial and respectful to her. But he's also made it clear that once their son Matthew graduates high school, he will be filing for divorce. Charlotte, on the other hand, continues to do everything possible to make amends in hopes of saving their marriage. Unfortunately, Curtis is ready to move on and is being propositioned by a woman who desperately wants to become the next Mrs. Curtis Black. When the situation heads down a path that is frighteningly shocking, could it be the final blow to this once blessed union?

This introduction to karate teaches both the physical training and the mental philosophy necessary for karate mastery. The book also provides the complete history of karate.

The first comprehensive written history of Shotokan karate in any language! In this completely updated edition of the classic bestseller, Randall Hassell presents a masterful tale of the history and evolution of Japan's original and largest karate style, Shotokan. In addition to presenting the compelling story of the style's founder, Gichin Funakoshi, Hassell covers recent developments in the ever-evolving art of Shotokan karate-do. Rare and never-before-published photos complement everything from the Okinawan roots of karate to its development in Japan, the Japan Karate Association, American and international karate organizations, and the current state of the world of Shotokan karate. Also in this edition: The origins and technical value of all Shotokan kata, a genealogy of traditional karate styles, Gichin Funakoshi's 20 precepts, and much more!

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