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2.0 out of 5 stars Classical Kata of Okinawan Karate. Reviewed in the United States on January 28, 2008. I appreciate the depth of knowledge and experience of Mr. McCarthy in the realm of martial arts, particularly karate. However, this book would likely be more accurately titled "Kata of Japanese Karate" because the techniques he shows in this book are that of perhaps traditional Japanese karate, NOT Okinawan karate that is truly traditional (e.g. Shorin Ryu or closely related styles).

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Challenging timeworn conventions of karate training and revealing the original intent of classical kata—or forms—through detailed descriptions of self-defense applications known as bunkai, this is a crucial ...

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Kata in Okinawan Karate. Part of the series: Beginning Okinawan Karate. Katas are Karate moves made into forms

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or sequences practiced for muscle memory and s...

Kata in Okinawan Karate - YouTube

Comprehensive Coverage of the Martial Arts of Japan, Okinawa and China . The Classical Fighting Arts team of contributing editors and technical advisors—which includes many of the greatest living martial arts masters and researchers—produces material of unequalled quality and depth. So much so that in 2010 it won the Award for Literary Excellence from the Okinawan Prefectural Karate Do ...

Classical Fighting Arts - CFA Home Page

In 1987, Chinen founded his own karate organization, Jundokan International, and was no longer associated with the IOGKF. He assisted in the preparation of the book Classical Kata of Okinawan Karate (1987) as a translator. In 1987, he taught kata in Vancouver. Around 1988, Miyazato promoted Chinen to the

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rank of 7th dan.

Teruo Chinen - Wikipedia

The Kata of Goju-Ryu Sanchin - "Three Battles/Conflicts" One of two "heishu " Kata of Goju-Ryu, Sanchin is probably the most misunderstood Kata in all of Karate. In contrast, it is probably the single most valuable training exercise in Goju-Ryu.

The 12 Kata of Goju-Ryu - Uchinadi-Kan

Since 1988, The Academy of Classical Karate has provided exceptional and professional instruction in Wado Ryu Karate for Plano, Texas and surrounding Dallas/Fort Worth metroplex. We offer high quality classical karate and self defense programs for both kids and adults.

Academy of Classical Karate | Plano Texas

Chris Thomas explores the question: Are practical bunkai for karate kata genuine

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Okinawan Martial Arts, or are they straying from the true methods? ... 48 Reflections Classical Okinawan Art Chris ...

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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.

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Classical Kata of Okinawan Karate - Pat McCarthy - Google ...

Gōjū-ryū (剛柔流), Japanese for "hard-soft style", is one of the main traditional Okinawan styles of karate, featuring a combination of hard and soft techniques. Both principles, hard and soft, come from the famous martial arts book used by Okinawan masters during the 19th and 20th centuries, the Bubushi (Chinese: 武備志; pinyin: Wǔbèi Zhì). ...

Gōjū-ryū - Wikipedia

While the kara descriptions are excellent, with good photography showing the movements and how they should be done, the kata themselves are not classical versions. They are rather versions taught by Richard Kim, which don't always agree with the originals taught in Okinawa.

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