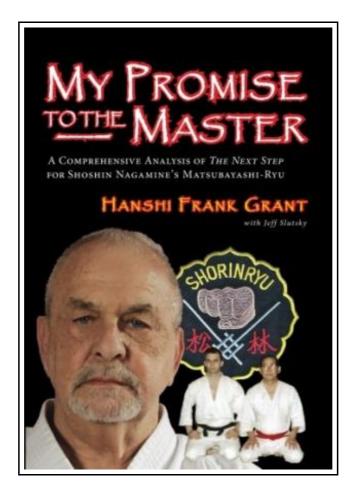
My Promise To The Master A Comprehensive Analysis of The Next Step for Shoshin Nagamines Matsubayashi-ryu



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MY PROMISE TO THE MASTER A COMPREHENSIVE ANALYSIS OF THE NEXT STEP FOR SHOSHIN NAGAMINES MATSUBAYASHI-RYU



CreateSpace Independent Publishing Platform. Paperback. Condition: New. This item is printed on demand. 254 pages. Dimensions: 9.5in. x 6.6in. x 0.8in.Discover the Secrets Between the Pictures!High-speed, ultra-high resolution, stop-action photography, combined with Hanshi Frank Grants detailed instructions and insights gives you the level of detail you need to get the most from each technique. Prefacelts a daunting task to take the teachings of a lifetime and put them on paper. My Sensei, Grand Master Shoshin Nagamine, was passionate about developing and sharing the most effective, efficient and scientifically sound system of karate possible. His book, The Essence of Okinawan KarateDo, provided, in addition to many other things, a definitive blueprint of all 18 MatsubayashiRyu kata. It is the goto book for learning the proper sequence of the techniques. However, there was only so much that he wished to share in his book. By design, he did not provide the highlevel, intricate details of how to leverage certain moves of a kata into the most effective and powerful method of delivering lethal energy into an opponent. That knowledge required many years of training and practice under the direction of the Master. I traveled five times to Okinawa to train with the Master. I also sponsored and cosponsored three visits to the U. S. by the Master and his advanced black belts including his son, Takayoshi Nagamine. Many of my top students received promotions directly under the Master and also traveled to his dojo to train and learn. Our connection to the Master is extensive. There are many levels of karate. During my first sixmonth training visit I asked the Master, When do you know it all His response was How long is infinity One advances in rank, skills and knowledge; building on the lessons and insights learned previously. The techniques that I...

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