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## Okinawan Karate

By Mark Bishop

Tuttle Publishing, United States, 1999. Paperback. Book Condition: New. 2nd. 229 x 155 mm. Language: English . Brand New Book. From their roots in China, the historical development of each karate and kobudo system Okinawa s greatest cultural export is presented here via the teachers who formulated them into the many fragmented styles practiced today throughout the world. Okinawan Karate: Teachers, Styles and Secret Techniques, written by one of the foremost writers on Japanese martial arts, specifically Okinawan, presents important elements of the fighting arts as a whole, along with the ins and outs of health-oriented training and the secrets of developing intrinsic energy ( ki ) circulation. This updated and revised edition reflects the rapid changes that have occurred within the Okinawan martial arts. Features in this Okinawan karate book include historical tables and vital striking point charts, as well as detailed historical information and an account of the contemporary karate, kobudo, and ti (or te) scene in Okinawa. Sections include: Styles based on Chinese boxing systems#8212;Jukendo, Goju-ryu, Kojo-ryuThe Shorin Styles Ishimine-ryu, Shorin-ryu (Shaolin), Okinawa KenpoThe Kobudo and the Ti Styles Honshin-ryu, Ryukyukobudo, Begeikanand more!.



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