

Learn how the hard-style karate that became shotokan took shape in 19th century Okinawa as an embattled king with an unarmed force of bodyguards faced an armed invasion from overseas. In this new 328-page book, author Bruce D. Clayton, Ph.D., uses rare sketches, footnoted historical research, archival lithographs, period photographs and contemporary technique demonstrations to reveal shotokan's deadly intent and propose modern practical applications of such knowledge. Achieve a new level of theoretical understanding and fighting ability by learning Shotokan's Secret for yourself!

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Full text of Shotokan's secret - Hidden truth behind Karate's fighting origins . Kyan's Health - Kyans Attitude Kyan's Fights Kyan's Kata - Kyan's legacy.

Shotokan's secret - Hidden truth behind Karate's fighting origins. by Monika Budo Stuff. Topics karate. Collection opensource. Language.

Shotokan's Secret has 83 ratings and 10 reviews. Jakub said: I very much liked, how the author set origins of karate into historical and spatial context.

The first book to dissect the lore and reveal the origins and purpose of the art of shotokan. It describes how karate was invented by the world's only unarmed. Beginning with a thorough historical analysis of its 19th-century origins, the lore behind the art of Shotokan karate is dissected in this revised handbook.

Read Shotokan's Secret: The Hidden Truth Behind Karate's Fighting Origins (With New Material) by Bruce D. Clayton, PhD with Rakuten Kobo.

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