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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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Biografia 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 ...

Shotokan Transcendence: Beyond the Stealth and Riddles of ...

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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.

Shotokan Myths: Amazon.co.uk: Kousaku Yokota ...

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.

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.

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 diverse and comprehensive enough for the well experienced, too. The way the information is presented is sure to provoke all martial artists to rethink what they already know while challenging them to continue exploring their understandings in order to arrive at a definitive knowledge. By sharing his thoughts and opinions in this work, Yokota Shihan builds an important bridge linking the past to the present, providing a simple way to accurately understand and pass on the history, technique, and philosophy of Shotokan karate to the next generation of learners. His work demonstrates his knowledge of and respect to the legacy of the art while honoring the heritage of those pioneers responsible for developing Shotokan karate. In Shotokan Transcendence, Yokota Shihan unites the courage to speak with unprecedented depth about karate and the talent required for this daring task and shares the admirable result. This work is destined to become a modern classic and an important part of the history of Shotokan karate.

The Lifework of a Grandmaster of Karate Budo is the path of the Japanese traditional martial arts. Mabuni Kenei has followed this path for almost eight decades until now. He belongs to the last masters taught directly by the founders of modern karatedo. The son and heir of Mabuni Kenwa - the founder of Shito ryu - has acquired a deep understanding of the essence of Karate as a budo art during his course of life. He communicates this extremely complex knowledge to the reader in a vivid and fascinating way. For this purpose he uses his own memories and experiences, technical descriptions, historical and philosophical considerations, legends and anecdotes of the lives of famous samurai and budoka (masters of sword fighting, aikido, Okinawa-te and karate). For the beginner the book provides an idea of the inexhaustible possibilities of budo as a school of life, and the experienced practitioner will find numerous stimuli for his further development and also for his own teaching activities.

"The Purpose of Aikido is to remind us that we are always in the state of grace," said Morihei Ueshiba (O-Sensei). If anyone embodied that state of grace, it was O-Sensei himself, the founder of Aikido and perhaps the greatest martial artist who ever lived. But who was the man who created this martial art known as the "Art of Peace"? What were the principles—always more spiritual than physical—that this "warrior for peace" espoused? And how did O-Sensei's own movements embody the high standards he set for himself and others? Training with the Master addresses all these questions, centering around 157 photographs of unrivaled quality, shot when O-Sensei was eighty-four years old and at the peak of his career as a teacher, martial artist, and spiritual seeker. Here, frozen forever in time, is a day in the life of the Founder, on and off the mat. We see him in training, from his initial bow before the dojo shrine and warm-up movements, through a series of exercises, postures, pins, and throws, to the concluding "sealed breath-power training" and mutual back-stretching. We see him demonstrating his immobilizing wrist grip; explaining the mysteries of Ki, the vital life force, and how to control it; speaking to his students; taking refreshments—and flashing the smile that itself drew many to the practice of Aikido. Framing the photographs are a biography of O-Sensei by John Stevens; a compilation of quotations from the Founder's talks, sayings, and poems; and examples of his calligraphy.

Shotokan Myths: Amazon.co.uk: Kousaku Yokota ...

Unlocking the secrets of the Karate Kata, Eimar 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".

Gichin Funakoshi is a legendary figure and the founder of Shotokan karate, the most popular style of Japanese karate, with millions of practitioners worldwide. In The Essence of Karate, Funakoshi creates, in his own words, a narrative of modern karate. He explains the philosophical and spiritual underpinnings and includes memories of his own training, as well as recollections of other karate masters and the history of the martial art. He also discusses the importance of winning without fighting, and the reason why many great martial artists improve with age. The preface has been contributed by Hirokazu Kanazawa, President of the Shotokan Karate-do International Federation (and Funakoshi's disciple). He fondly writes of his memories of Gichin Funakoshi during his youth and what he learned from the master. In the afterword, the founder's great-nephew, Gisho Funakoshi, shares previously unknown personal anecdotes about his "Uncle Funakoshi."

Shotokan Myths: Amazon.co.uk: Kousaku Yokota ...

Describes the fundamental techniques and maneuvers of karate and illustrates nineteen different forms

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