



# The Essence of Okinawan Karate-Do

*Shoshin Nagamine*

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**The Essence of Okinawan Karate-Do** Shoshin Nagamine

***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. This book is a precise and easily accessible pictorial guide to performance and perfection of traditional karate.

The only book in English with photos of one of the great prewar masters demonstrating the proper execution of Okinawan karate, *The Essence of Okinawan Karate-Do* is a bridge between karate's legendary past and the practitioners of today. This ingenious and imaginative text explains the historic landmarks in the development of style, vividly outlines its leading forms and techniques, and recalls noted Okinawan karate men of the past, including the author's teachers Ankichi Arakaki, Choki Motobu, and Chotoku Kyan.

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