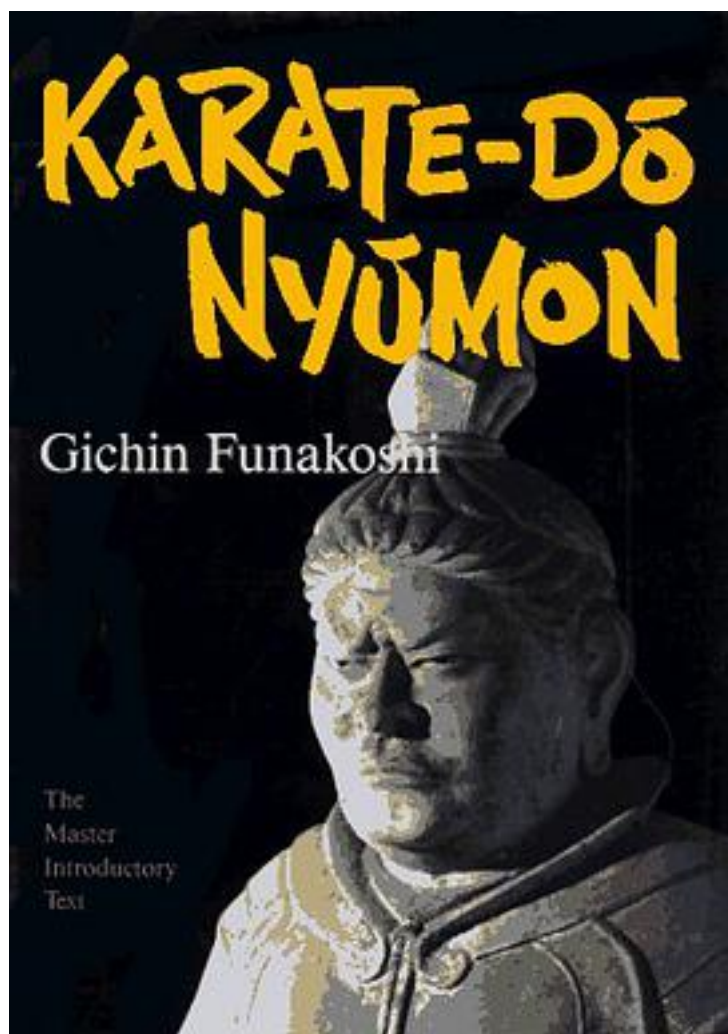


# Karate-do Nyumon



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Karate-do Nyumon literally means a passage through the gates of the Karate way - in

other words, an introduction to the world of Karate. Karate-do Nyumon is the result of Master Funakoshi's wish to clarify Karate thought and practice for those who know nothing about it. It comprises unpublished writings from the years before his death in 1957, together with simplified kata - sequences of movements - synthesized by Funakoshi from the traditional Okinawa Karate-do kata, for beginners. In his description of what Karate is, the Master describes the history of Karate - its origins in the ancient methods of unarmed combat in China, and its growth as a fighting method in Okinawa, a country where arms were banned in a succession of decrees from the Japanese mainland. In order to prevent it being subjected to control, or more importantly, to prevent the Japanese overlords from knowing and using the techniques, the practice of Karate was kept a secret. To preserve this secrecy, the habit persisted until very recent times of keeping no records. Master Funakoshi, however, recognized in this book and others the need to formulate the kata precisely, so as to establish a standard of true Okinawan Karate.

作者介绍:

目录:

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