



Okinawas Complete Karate System Isshin Ryu

By Michael Rosenbaum

Ymaa Publication Center. Paperback. Condition: New. 142 pages. Dimensions: 8.9in. x 6.0in. x 0.4in. In the martial arts, facts are often a scarce commodity. Histories are often confused or inaccurate, lineages are muddled and murky, forms get changed and no one ever finds out why. These problems can present major obstacles along your path to the understanding and practice of your chosen art. Well, now some of that confusion can be cleared up with Okinawas Complete Karate System: Isshin Ryu. Its a must have for todays martial artist, whether youre an Isshin Ryu practitioner, Karate stylist or just interested in the origins and development of one of the most fascinating, effective, and fastest growing styles in martial arts. While providing the context in which martial arts developed on Okinawa, Okinawas Complete Karate System offers you a comprehensive history of Isshin Ryu as well as a thorough investigation of its founders life and philosophy. Dealing in depth with the systems lineages, the internal and external aspects of the art, and multiple interpretations of all Isshin Ryu kata, this book is a unique, compelling and engaging experience. Okinawas Complete Karate System: Isshin Ryu is essential reading for all martial artists and historians. Development...



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