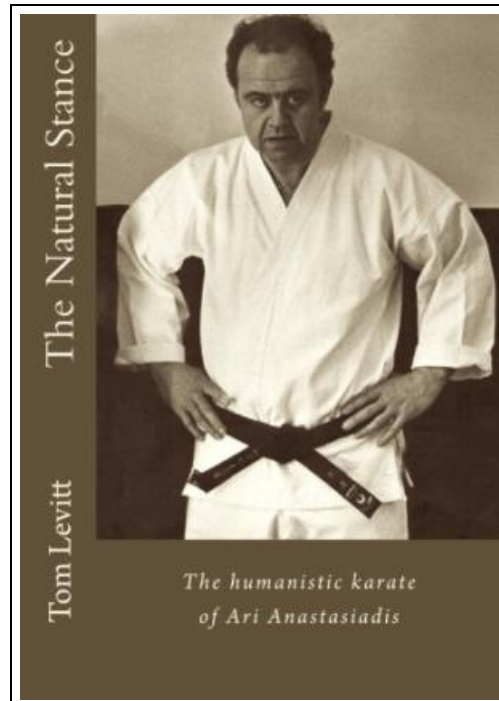


## The Natural Stance: The Humanistic Karate of Ari Anastasiadis with Reference to Shotokan Concepts, Debates, Organizations and Personalities (Paperback)



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## THE NATURAL STANCE: THE HUMANISTIC KARATE OF ARI ANASTASIADIS WITH REFERENCE TO SHOTOKAN CONCEPTS, DEBATES, ORGANIZATIONS AND PERSONALITIES (PAPERBACK)



Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. The Natural Stance offers a wide ranging discussion of the technical, historical and philosophic aspects of Funakoshi s karate, with reference to Ari Anastasiadis, father of Shotokan in Canada. The author discusses the karate of Asai, Egami, Kanasawa Kase, Kobota, Nakayama Oshima, Oyama, Plee, Tokitsu, Yokota, and others in and around Shotokan. The Natural Stance discusses the natural natural stance, Nakayama s hard-soft personal style, Mabuni s 5 principals, classic ipon kumite, the 20 Chinese precepts, the relation between tai chi and karate and much more. The Nature Stance explains how Funakoshi conceived karate as a community oriented form of personal and social development in the Okinawan tradition. It is the author s hope that The Natural Stance will help show the relevance of Funakoshi s karate to the needs of the present human condition. The Natural Stance offers incisive, holistic discussion of karate. As such, it ranks along side of Yokota s writing as one of the very few books which deals with the problems posed by the commercialization sportification and militarization of karate.

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