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extensive martial arts
experience. Not only
does he have over 46
years of Shotokan
Karate experience, he
has also studied other

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Goju-Ryu and
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(9781456807085)

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will make all serious
karate practitioners
think a little more
deeply about the myths
and misconceptions of
karate.

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Biografía 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.

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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

Page 28/30

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Dan Shotokan Karate
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decided to put down his
position within the
WJKA as technical
director to form his own
federations ASAI (Asai
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