



Essential Isshinryu

Mike Fenton, Trevor Warren

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"I come to you with only karate, I have no weapons ... then here are my weapons, my empty hands." The Karate Creed by Ed Parker is an essential piece of knowledge required by all practitioners of Isshinryu Karate. This book is another. Essential Isshinryu delves into all facets of Isshinryu Karate, from a thorough examination of the history of the art to an in-depth exploration of the weapon kata, this book answers many questions that you may have about the One Heart Way. Why does Isshinryu use a vertical fist? What is the purpose of learning Naihanchi Kata? How did the Martial Arts develop on Okinawa into Isshinryu? Who are some of the important figures in the Isshinryu community? How should I hold my sai while blocking? What do I need to know to earn a Black Belt? All of these questions and many more will be answered inside. Take a look for yourself and you will see that Essential Isshinryu is your guide to all things Isshinryu.

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