

## THE ESSENCE OF OKINAWAN KARATE DO NAGAMINE SHOSHIN%0A

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The Essence of Okinawan Karate-do by Shoshin Nagamine is, in my estimation, the best book on Karate-do for the price. It lays out for the reader the philosophy and technique of Matsubayashi-ryu. If you are a beginner this is a good book to learn form. If you are already a practitioner of Karate-do then this book will serve as a good reference, particularly in terms of Kata for 19 are given here.

The Essence Of Okinawan Karate-Do by Nagamine, Shoshin

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Shoshin Nagamine The Essence of Okinawan Karate-Do

The Essence of Okinawan Karate-Do, Tuttle: 1998. Shoshin Nagamine's book is invaluable to anyone who studies Shorin-ryu Karate, or a school related to or derived from Shorin-ryu. Although Nagamine's volume was originally published in English in 1976, it still sets the standard for other books on the subject of Okinawan karate. It is also the only English language Shorin-ryu manual to include

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Shoshin Nagamine was a practitioner and master of Okinawan karate-do for more than sixty years. At the time of his death in 1997, he held a tenth dan black belt, the highest rank of any active karate instructor in the world. He was also awarded the title of hanshi, the highest title in the art of karate, by the All Okinawan Karate-do Association.

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Nagamine wrote two books in Japanese, *The Essence of Okinawan Karate-Do* and *Tales of Okinawa's Great Masters*. *The Essence of Okinawan Karate-Do*, which has been reprinted many times, was first published in the English language in 1976.

#### [The Essence of Okinawan Karate-Do: Shoshin Nagamine ...](#)

The *Essence of Okinawan Karate-Do* presents the teachings of legendary martial arts master Shoshin Nagamine, founder of the Matsubayashi school of Shorin-ryu karate-do. Used for generations as a practical and pictorial guide, it contains over 1,000 photographs to document eighteen classic karate kata (preset forms) and seven yakusoku kumite (prearranged partner exercises), as well as basic techniques.

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