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Yokota Sensei has extensive martial arts experience. Not only does he have over 46 years of Shotokan Karate experience, he has also studied other styles of karate such as Goju-Ryu and Kyokushinkai, as well as Judo and Ki; his

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lightly as far as I am concerned, on some of the sacred cows of Shotokan karate. This excellent book questions numerous dogmas and 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.

Shotokan Myths: The Forbidden Answers to the Mysteries of

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I have written previously about Shihan Kousaku Yokota, 8th Dan Shotokan Karate, 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 Kousaku Yokota, 8th Dan Shotokan Karate

In 2013 Shihan Yokota decided to put down his position

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within the WJKA as technical director to form his own federations ASAI (Asai Shotokan Association International). Sensei Yokota is an 8 th dan. Yokota sensei has published several books; Shotokan Myths, Kata Kyohon Junro and Kata Kyohon Joko.

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