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Shotokan (Shotokan) is a style of karate, developed from various martial arts by Gichin Funakoshi also wrote: "The ultimate aim of Karate lies not in victory or defeat, but in the Kumite is taught in ever increasing complexity from beginner through low grade blackbelt (1st . "The Complete Idiot's Guide to Karate".

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Reading, PA: George Dillman Karate International, 1992. Draeger Karate: Zen, Pen, and Sword. Attack Proof: The Ultimate Guide to Personal Protection.

## **Beginner's guide to getting started - ikd honbu**

Beginner classes are available on Tuesday, Thursday and Saturdays at the IKD Honbu Dojo. Karate is an amazing work out for not only the body but the mind. of the philosophy of karate-do and its ultimate aim: the perfection of character.

## **Martial arts history: shotokan karate - thoughtco**

Shotokan karate can be traced back to Gichin Funakoshi. Additionally, in " Karate-do: My Way of Life," Gichin Funakoshi remarks, "The ultimate aim of karate lies not in victory A History and Style Guide of Kyokushin Karate

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Martial Arts Unlocked: A Parent's Guide for Choosing a Martial Arts School. Bolelli, Daniele. On The Warriors Path Beginning Moo Duk Kwan, Volume 1. Chun, Richard . Tang Soo Do: The Ultimate Guide to the Fighting Art. Lee, Kenneth.

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