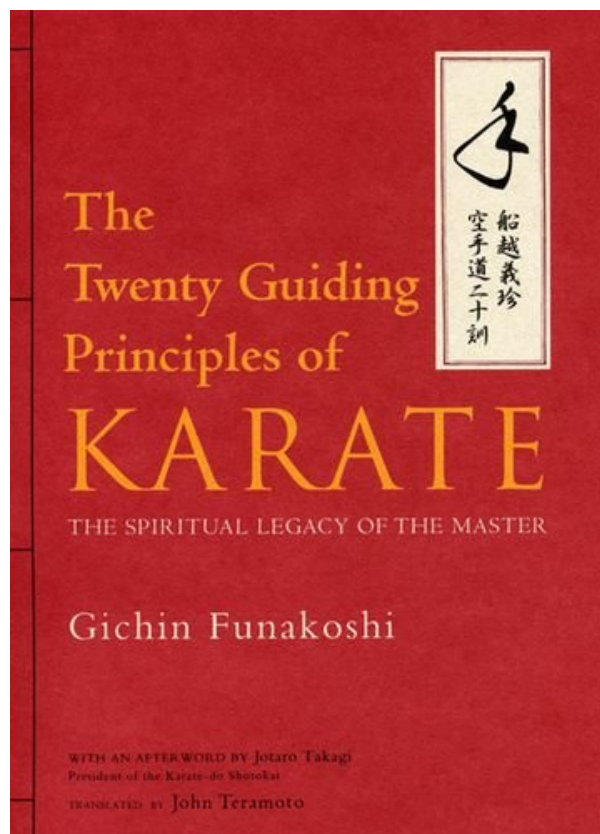
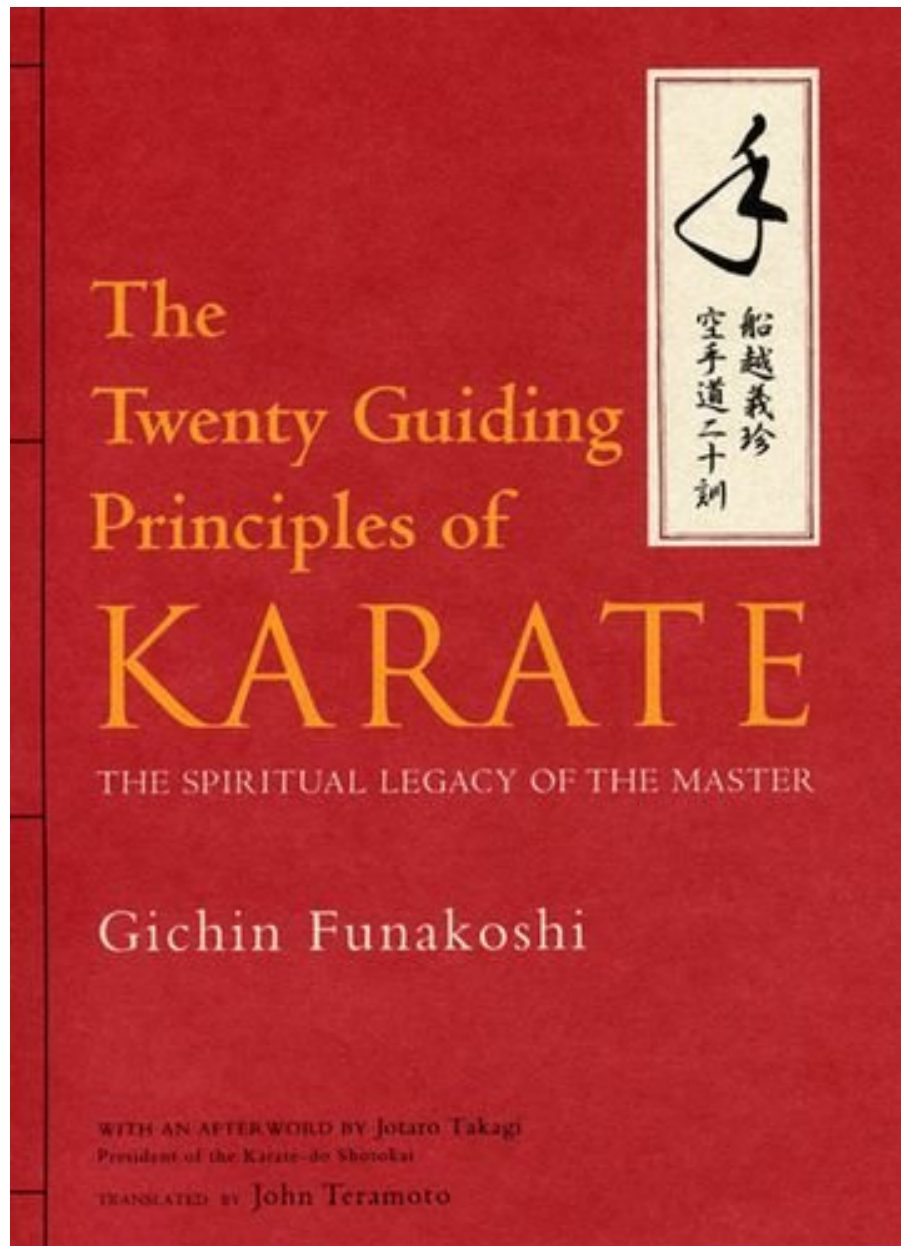


# THE TWENTY GUIDING PRINCIPLES OF KARATE: THE SPIRITUAL LEGACY OF THE MASTER BY GICHIN FUNAKOSHI



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### Review

"Whether or not you practice the martial arts, they make a great deal of sense, and will take you far, as a philosophy of life." -BookLoons Reviews

"While focused on the practice and application of martial arts, this book's "pursuit of the way" has myriad applications for less physical forms of combat, work-related or otherwise" -Publishers Weekly

"Filled with philosophical musings, fascinating historical episodes, and advice for anyone seeking a better way." -Rafu Shimpo

"The Master insists on a training that involves both mind and body, to create a karate-do, a karate way." -Asian Week

### About the Author

GICHIN FUNAKOSHI (1868-1957) is one of karate's great masters. Born in Okinawa, the birthplace of karate, he began training in the secret martial art as a child. In 1922, at the request of the Japanese government, he demonstrated the still-secret Okinawan art of self-defence on the Japanese mainland, which led to karate's introduction to the rest of Japan and subsequently the rest of the world. Funakoshi devoted the remainder of his life to this traditional sport and wrote several classics on the subject, including Karate-do

Kyohan and Karate Jutsu, as well as an autobiography entitled Karate-do: My Way of Life.

GENWA NAKASONE (1895-1978), between stints as a schoolteacher and a politician, was an editor and publisher of books on karate and martial arts, among them Karate-do Taikan, a ground-breaking compendium of karate texts and documents. Born in Okinawa, he was an early supporter of Funakoshi, and in an ideal position to compile accurate annotations of the master's twenty principles.

JOHN TERAMOTO was born in Los Angeles, California, and began karate training at the age of 13 under Tsutomu Oshima, reaching the rank of godan in 1990. Since 1998, he has served as the president of Shotokan Karate of America's Black Belt Council.

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Gichin Funakoshi, "the father of karate," once said that "the ultimate aim of karate lies not in victory nor defeat, but in the perfection of the character of its participants."

- Sales Rank: #207000 in Books
- Brand: Brand: Kodansha USA
- Published on: 2013-02-08
- Original language: English
- Number of items: 1
- Dimensions: 5.60" h x .70" w x 7.50" l, .55 pounds
- Binding: Hardcover
- 128 pages

## Features

- Used Book in Good Condition

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13 of 14 people found the following review helpful.

A must read book for serious Shotokan Karate students.

By Joseph J. Truncale

I have been a lifetime student of numerous martial art systems such as Judo, Jujitsu, Kendo, Kenjutsu and also Shotokan Karate. I have earned black belt rank in most of those systems. Gichin Funakoshi is the recognized "Father of Shotokan Karate." He set down twenty basic principles every student of Karate should adhere to in their training. He felt Karate principles were not for just training in the dojo, but for the way you lived your life. This book, The Twenty Guiding Principles of Karate by Gichin Funakoshi is essential reading for any serious Shotokan Karate (or any other karate system)student.

Some of these most well-known principles include the following: (1) Karate begins and ends with rei (courtesy)(2) There is no first strike in karate. (3) Karate stands on the side of justice. (4) First know yourself than others. (9) Karate is a life long pursuit. (18) Perform kata exactly but real combat is another thing. (20) Be constantly mindful, diligent, and resourceful in your pursuit of the way.

In conclusion, this is a book for not just Shotokan karate students but for anyone who follows Bushido (The way of the warrior)

Rating: 5 Stars. Joseph J. Truncale (Author: Season of the Warrior: A poetic tribute to warriors.

2 of 2 people found the following review helpful.

For the Maturing Karateka :)

By Geoming

This book helped me to understand the spritual principles of the art of Karatedo. I don't practise Karatedo for sport, but to enhance my health and life. The Niju Kun is tied into the Dojo Kun, the first principle being "To seek perfection of character" defines what Karatedo is really about, to test yourself and your character throughout your life. I recommend this book to anyone regardless of their style of Karate who seeks the deeper answers of Karate, than just training at the dojo.

1 of 1 people found the following review helpful.

Fantastic book!

By RGuenoun

I took up karate shotokan several years after I first started (I used to do it as a kid) and I felt like I wanted to get a little more from the discipline. Reading this book definitely gave me a philosophical perspective on karate. I ended up getting 'Karate-Do Nyumon', 'Karate-Do Kyohan' and 'Karate-Do, my way of life' by Funakoshi. Overall, a great introduction to the fascinating world of this martial art. It is much more complex than what one may originally think when starting to practice it... :)

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