

Download Official Shito Ryu Training Manual

I agree with what you say, that a shotokan can adapt easily to any other style, more than any other style can adapt to shotokan. I once made a trade with a shito ryu friend, he taught me seienchin and I taught him sochin, I didn't have half the issues with the positions he had with sochin dachi, being the ankles what hurt him most, even thou he said he liked that kata. Imagine the fear: You have been training in your dojo for many years now, but a weird feeling is slowly creeping up on you, giving you that uncomfortable sensation in the pit of your stomach. You don't really know what it is, but something is definitely wrong. As a matter of fact, going to the [...]The emphasis of this educational reference is on words and phrases that appear in published works about war and military service; and amongst this jargon and slang, there is no pretense of objectivity or completeness, which may be readily found in official documents or government resources. WKF reaches 1 million followers on Social media 17-04-2019. The World Karate Federation has over one million friends on social media. The official channels of the WKF have reached the milestone of 1M followers thus confirming the increasing popularity of Karate's international governing body on social media. - Official Shito Ryu Training Manual