Reviews - Goju-Ryu Karate-Do, Vol. 2

Below are reviews by some of the readers of Goju Ryu Karate-Do: Fundamentals for Traditional Practitioners, Vol. 2, by Motoo Yamakura:

"This book was written at the request of the members of the Goju-Ryu Karate-Do Kyokai. Like Master Yamakura's first book, this book is intended to assist the members of the G.K.K and all interested in learning Goju-Ryu Karate-Do.

The first volume in the series was expected to address the introductory aspects of Goju-Ryu Karate. It accomplished that goal and went well beyond in that it also provides insights into karate practices that are appropriate to more advanced students. Our experience and level of understanding play a roll in the interpretation of the information in the first book, and we should re-read it periodically as we progress.

This volume takes up where the first book left off. As with the first book, Volume II operates on several levels simultaneously and has insights appropriate to different levels of advanced students. Volume II relies on a comprehensive study of Volume I and continues the technical and philosophical aspects of Goju-Ryu in a logical progression. Again, as with the first book, it speaks to various levels of advanced students simultaneously.

A very special attribute of of Yamakura Shihan's teaching that occurs frequently in this book is the relevance of martial arts training to life and its experiences. Most martial arts are portrayed as having character development as the goal, but the mechanism is seldom explained or demonstrated. Early training in martial arts is dedicated to the development of basics. It is much later the development of character takes precedence, if ever. This is a factor of the teacher, not the art. It is appropriate that this second, more advanced, volume addresses the life aspects of training to a greater detail.

We are fortunate that Yamakura Shihan has written this book for us. He is a master in the true sense - not only of martial arts, but of life." - Rich Stamper, OH

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