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'dr bruce clayton an interview on the secret history of

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June 5th, 2020 - shotokan was the name of the first official dojo built by gichin funakoshi in 1936 at mejiro and destroyed in 1945 as a result of an allied bombing shoto ?? sh?t? meaning pine waves the movement of pine needles when the wind blows through them was funakoshi s pen name which he used in his poetic and philosophical writings and messages to his students''*parison of karate styles*

June 1st, 2020 - the table contains a parison of karate styles some of the distinguishing features are listed such as lineage general form of stances and number of kata the four earliest karate styles developed in japan are shotokan wado ryu shito ryu and goju ryu the first three styles find their origins in the shorin ryu style from shuri okinawa while goju ryu finds its origins in naha'

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