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Yokota Sensei has extensive martial arts experience. Not only does he have over 46 years of Shotokan Karate experience, he has also studied other styles of karate such as Goju-Ryu and Kyokushinkai, as well as Judo and Ki; his Kobudo weapons experience includes Nunchaku and Sai.

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Shotokan Myths by Kousaku Yokota (9781456807085)

However, Kousaku Yokota, Sensei at least treads lightly (too lightly as far as I am concerned, on some of the sacred cows of Shotokan karate. This excellent book questions numerous dogmas and will make all serious karate practitioners think a little more deeply about the myths and misconceptions of karate.

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Biografia del autor Shihan Kousaku Yokota, eighth dan, is a professional karateka with extensive experience in various martial arts. With over fifty years of training in Shotokan karate, he specializes in Asai Ryu Bujutsu karate.

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I have written previously about Shihan Kousaku Yokota, 8th Dan Shotokan Karate, and his book Shotokan Myths.. Note: For non-Japanese stylists, Shihan means a master level instructor, (above an ordinary Sensei). This is one master that I particularly hold in very high respect for 2 main reasons.

Interview with Shihan Kousaku Yokota, 8th Dan Shotokan Karate

In 2013 Shihan Yokota decided to put down his position within the WJKA as technical director to form his own federations ASAI (Asai Shotokan Association International). Sensei Yokota is an 8 th dan. Yokota sensei has published several books; Shotokan Myths, Kata Kyohon Junro and Kata Kyohon Joku.