El corazón de la karate-do.

Curso de Karate y Bo en la playa de Mazagón (Huelva) del 26 al 28 de junio de 2009 impartido por Hiruma Sensei en el cual pudimos disfrutar de 3 días de práctica y compañerismo como es habitual. Este año, como novedad, hemos tenido la oportunidad de practicar con el Boken. Curso de Karate y Bo en la playa de Mazagón (Huelva) del 26 al 28 de junio de 2009 impartido por Hiruma Sensei en el cual pudimos disfrutar de 3 días de práctica y compañerismo como es habitual. Find many great new & used options and get the best deals for The Heart of Karate-do by Shigeru Egami (Paperback, 2000) at the best online prices at eBay! Free delivery for many products.

Formerly manager of Waseda University's karate club and lecturer in physical education at the University he also taught karate at Gakushuin, Toho, and Chuo Universities and was active in establishing a number of karate organizations both in Japan and overseas. Among his books in English is Karate-do: For the Specialist. Country of Publication. Japan. The Heart of Karate-Do Paperback &dquo; July 1, 2000. by. Shigeru Egami (Author). & I think that his experience in WWII must have been devastating. In my humble opinion, The heart of karate do is not a book to learn techniques (eventhough it includes nice pictures and descriptions of the basic stances and striking, blocking and kicking techniques, no to mention the warm up exercises). It is, on the other hand, a very inspiring book. Read more.