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Shotokan Mysteries: The Hidden Answers to the Secrets of Shotokan Karate

By Kousaku Yokota



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Shotokan Mysteries communicates Kousaku Yokota's work and research into the great, deep golden chest of our continued rediscovery of Shotokan karate in a positive and reflective approach. This book reaches out, openly guiding the reader into recognizing karate as a whole thing itself, paving the way to allow for questions and the subsequent answers to run side by side in a noncritical way, and transcending any misinterpretation or misunderstanding in practice and cultural relationships to the topics and chapters contained within its pages. As the title suggests, the aim of the book is to clear up and correct many collective myths about Shotokan karate. Of course, the author's work and research aren't just directed at the Shotokan community. They can be easily accessed and applied to all areas of training within the martial arts genre. He does this by simply describing that a lack of knowledge can be easily changed by challenging and changing your own personal understanding, taking down the boundaries of stuck thought and what is termed far too often as "right and wrong," and dispelling the myths which surround our shared art. The information, in whatever form the author puts it forward, transfers to the collective minds of those who share our common passion and is routinely communicated in such a straightforward way that it allows absolutely anyone from any culture or walk of life to understand better and at a higher level the martial art which they have chosen to do. This the author does with humility, displaying a continuous spirit and correctness reflected in his lifelong practice of karatedo.



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Editorial Review

About the Author

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. Yokota Sensei started studying the martial arts in 1960 at the age of 13 when he joined the Judo club at the Hyogo Prefecture Police station. Yokota Sensei then switched his martial arts training to karate in 1964 when he joined the JKA dojo in Kobe Japan. In the 70's, Yokota Sensei became a full time instructor at the ISKF Philadelphia dojo where he taught and competed. He returned to Japan and completed his instructor's training in 1983 under the late Master Jun Sugano, 9th dan, JKA Vice Chairman. Yokota Sensei was the champion of Hyogo Prefecture Championship in 1981 and 1982, and he represented Hyogo prefecture at the JKA All National Championship in Tokyo during those years. Yokota Sensei attained all his dan ranks up to Go-dan from JKA. After switching to JKS, the late Master Tetsuhiko Asai granted him Roku-dan. Sensei Yokota received his Nana-dan and Hachi-dan from WJKA (World Japan Karate Association). The WUKO (World Unite Karate Organization) also recently granted him Hachi-dan. He holds the positions of Technical Director and Shihankai member at WJKA. He is the Chief Instructor at Byakkokan Dojo in San Jose California and his passion is to propagate Asai-ryu Shotokan karate-do.

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