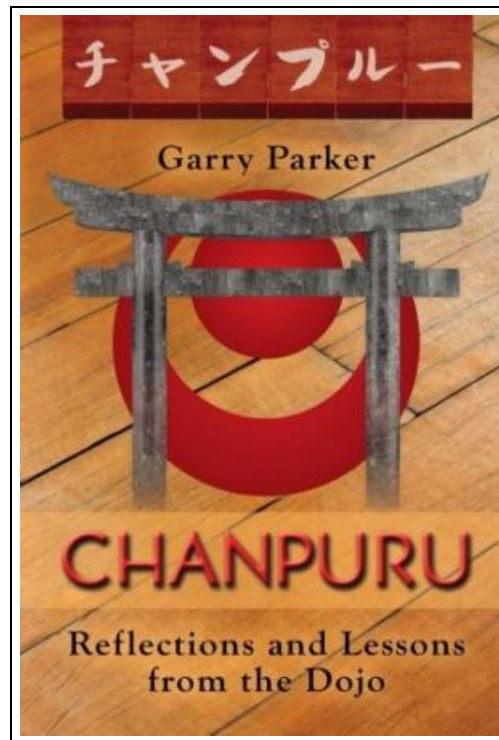


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Tambuli Media, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Since 1990 when Mr. Parker first came to Okinawa, I have had the privilege of being his teacher. I have watched him learn and grow beyond my expectations and am proud to see Parker become such a fine ambassador for Okinawan Karate.-Takamiyagi Hiroshi, Okinawa Goshukan-ryu Karate-do Fascinating and important lessons from a man who lived and trained in a place most people only every dream about. I highly recommend this book to all who study traditional Okinawan and Japanese martial arts. -Joe Swift, Tokyo Mushinkan Dojo - JapanChanpuru: Reflections and Lessons from the Dojo offers glimpses into the old ways of karate through the personal journey of Garry Parker, a modern day sensei, who learned traditional karate the old way on Okinawa. Parker invites the reader to come along on his journey to see how he gained entrance into a rapidly disappearing society of authentic Okinawan martial art traditions. A tradition honed for a century before air-conditioned schools, colored belts and sport competitions. To offer deep insights into the many topics of karate, Chanpuru is divided into three parts. Part 1 is autobiographical, highlighting the reflections of Parker s personal journey in karate. Part 2 is filled with essays on topics relevant to the study and practice of karate, including lessons learned, advice, the author s personal thoughts and stories, and little nuggets of wisdom he s picked up along the way. Part 3 is dedicated to the legacy of the author s teacher, Takamiyagi Hiroshi, the founder of Goshukan-ryu, and pioneer of Wu Zhu Quan (Five Ancestor Boxing) on Okinawa. An exclusive interview, along with rare photos from Takamiyagi s personal collection, complete the book.



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