

# Karate Masters



JOSE M. FRAGUAS

**Karate's Finest Masters  
Teach Martial Arts  
Greatest Lessons**

...ures such as Osamu Ozawa and  
Masatoshi Nakayama, and

**Now for the first time, interviews with 24  
of the world's top karate masters have  
been gathered together in one book.**

**Nakayama, Nishiyama, Kanazawa, Kase,  
Mabuni, Mikami, Okazaki, Sakumoto,  
Ozawa, Hiyashi, Higaonna, Demura,  
Kubota, Plee, Schmidt, Dalke, McCarthy,  
Cook, Merriman, Miki, Dometrich, Ivan**

sonal details, hidden history, and revealing philosophies. In these 24 gems, each master reveals a true love for the art and a deep understanding of every facet associated with the practice and spirit of karate-do as a way of life. No matter how well you think

karate masters, you haven't really experienced and insight until you've read *Karate Masters*. For those who appreciate martial arts history and who appreciate martial arts history and that this rich heritage is a necessary personal growth, will find this book an must-have addition to their personal

degree black belt in shito-ryu karate, is martial arts authority who is well-known as well. His desire to promote both ancient and modern karate provided the motivation for writing this book. He currently lives in Los Angeles, California.

Unique Publications, Inc.  
4201 Vanowen Place,  
Burbank, Calif. 91505  
www.cwenterprises.com



9 780865 681880

Martial Arts  
\$19.95



## Patrick McCarthy

### Standing on the Shoulders of Giants

THE TRUE ORIGINS OF KARATE ARE SHROUDED IN MYTH, MYSTICISM, AND LEGEND. MANY SAY THAT KARATE WAS INVENTED BY OKINAWAN PEASANTS TO FIGHT OFF WELL-ARMED FOREIGN INVADERS, OTHERS CLAIM IT TO BE THE WARRIOR ART OF THE UPPER-CLASS NOBILITY, STILL OTHERS SUGGEST THAT IT WAS INVENTED BY HOLY MEN TO BRING PEACE, HARMONY, AND BALANCE TO ITS PRACTITIONERS SOULS. WHILE ALL OF THOSE EXPLANATIONS UNDOUBTEDLY CONTAIN SOME KERNEL OF TRUTH, THERE IS MUCH MORE—AND MUCH LESS—TO THIS RICH AND COMPLEX MARTIAL ART. PATRICK MCCARTHY HAS SPENT MUCH OF HIS LIFE PRACTICING, STUDYING, RESEARCHING, AND WRITING ABOUT KARATE. A WORLD TRAVELER WHO HAS PERSONALLY SOUGHT OUT THE SECRET KATA OF KARATE'S REMAINING "OLD" MASTERS, MCCARTHY IS ALSO GIFTED ACADEMIAN WHO SPENT NINE YEARS TRANSLATING "THE BIBLE OF KARATE," THE BUBISHI, THE MOST IMPORTANT HISTORICAL KARATE DISCOVERY OF OUR TIME, INTO ENGLISH. DRAWING FROM HIS WEALTH OF PERSONAL AND HISTORICAL KNOWLEDGE, MCCARTHY TALKS ABOUT THE ORIGINS OF KATA, THE DIFFERENCES BETWEEN JAPANESE AND OKINAWAN STYLES, AND THE PRACTICAL AND PHILOSOPHICAL MEANING OF MODERN FIGHTING SYSTEMS.

MASTERING THE ART OF KARATE REQUIRES MORE THAN DEDICATED TRAINING AND MANY GET LOST ALONG ITS ARDUOUS PATH. MCCARTHY'S DILIGENT RESEARCH SERVES AS A REMINDER THAT KARATE, OR ANY MARTIAL ART FOR THAT MATTER, CAN NEVER BE MASTERED WITHOUT THE GUIDANCE OF SOMEONE WHO KNOWS THE WAY. AS SIR ISAAC NEWTON SAID, "IF I CAN SEE FURTHER, IT IS ONLY BECAUSE I STOOD ON THE SHOULDERS OF GIANTS."

**Q: You are well known in academic circles for your deep research into the traditions of classical karate. What is the most significant discovery you've made?**

**A:** Discovering the timeless formula for unraveling the ambiguity which has long shrouded the original defensive intentions and application principles of orthodox kata. Described as the interrelated fabric from which all karate is woven, understanding this formula brings an entirely new appreciation to what has long been referred to by competitors as "worthless movements."

189

McCarthy



*"Karate-do cannot exist without a body of moral philosophy to govern the behavior of those who embrace its empowering practice."*

**Q: How did you manage to learn some of the rare "lost" kata?**

**A:** I immigrated to Japan and spent nearly ten years researching karate and kobudo there. Field research took me to Okinawa, Fujian, Shanghai, the Shaolin Temple, India, Korea, Southeast Asia, Taiwan and the Philippines. I was able to contact many of the most senior martial arts authorities of our time.

ISBN 0-86568-188-0



9 780865 681880

5 1995

UP

Unique Publications, Inc.  
4201 Vanowen Place,  
Burbank, Calif. 91505  
www.cwenterprises.com