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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

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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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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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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.

Shotokan Myths: The Forbidden

Page 21/33

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I have written previously about Shihan
Kousaku Yokota, 8th Dan Shotokan
Karate, and his book Shotokan Myths..

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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

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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;

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