

# The Heart Of Karate-Do By Shigeru Egami

**By Shigeru Egami**

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Feb 13, 2014 Here it is demonstrated in the eccentric Shigeru Egami 's book, The Heart of Karate Do, as an application of a basic downward block.

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Shigeru Egami was a pioneering Japanese master of Shotokan karate who founded the Sh t kai style. He was a student of Gichin Funakoshi, who is widely recognized as

Shigeru Egami was president and chief instructor of the Japan Shotokai. Born in 1912 in Fukuoka, he began practicing karatedo while a student at Waseda University

About the Author: SHIGERU EGAMI was president and chief instructor of the Shoto-kan of the Japan Karate-do Shoto-kai.

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