



Shotokan's Secret: The Hidden Truth Behind Karate's Fighting Origins

Bruce D. Clayton PhD

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Beginning with a thorough historical analysis of its 19th-century origins, the lore behind the art of Shotokan karate is dissected in this revised handbook. Describing how this style was invented by the world's only unarmed bodyguards in Okinawa, this account depicts the impossible odds these men endured in order to protect their king and avoid a costly bloodbath. Featuring five chapters of new material and a striking array of illustrations depicting the Heian katas, this overview demonstrates how each kata contains a precise lesson outlining the necessary skills to meet a specific threat. Going beyond the bare-handed application and revealing a more innovative, holistic approach to an ancient style of self-defense, this reference is ideal for martial arts historians and practitioners alike.



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