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The history of the martial arts style Shotokan karate begins with Gichin Funakoshi, a man who not only started the form but also helped to popularize karate in general. More recently, a UFC fighter by the name of Lyoto Machida has done quite a bit to bring the art of Shotokan to the forefront as well. Let's put it this way: Machida knows how to strike with devastating force before anyone ...

[10 Differences Between Okinawan Karate & Japanese Karate](#)

Online Library Guide Kata Goju Ryu

Te Ashi Do Ken Shin Shu Kan Karate Do Waza (Pepe Sensei Hanshi 10^o Dan - Ju Dan) Te Ashi Do O Harai-tsurikomi-ashi (Harai = varrer, tsuri = levantar, komi = puxar, ashi = pé) é uma das 40 técnicas originais criadas por Jigoro Kano, criador do Judô. Compõe, junto com outras oito ...

[Chuck Norris - Wikipedia](#)

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