

Gesele Henderson

Karate-Do: My Way of Life by Gichin Funakoshi

Karate-Do: My Way of Life is a book that really enhanced my views when it comes to karate. In the book it not only talks about Gichin Funakoshi's life and karate, but it talks about the history of martial arts and Funakoshi's views on karate.

My favorite parts of the book were the parts in which he states his opinions and his teachers' opinions about karate. During this book Funakoshi say, "Karate-Do is not merely a sport that teaches how to strike and kick; it is also a defense against illness and disease." That is only one of many thoughts he states about karate but that is the one that stood out the most to me. Also while reading this book I realized just how much karate has done for my life. Karate has taught me about technique but also it gave me the ability to be creative. Karate has not only taught me self-defense but it taught me about self-control, discipline, and how much putting your heart into something can really make a difference.

Not only was there a philosophical part to this book about karate but there was the historical aspect of it. In *Karate-Do: My Way of Life* I learned a lot about the history of karate. For example I learned karate was included into school curriculums in middle school, in youth organizations, and even in primary school. They had karate as part of the physical education programs. Once this happened many people started to go to Funakoshi for advice and for instructions. Then Funakoshi started teaching karate classes.

Karate-Do: My Way of Life was a very good book and it taught me a lot about karate and about Gichin Funakoshi's life. I really enjoyed this book.

Karate-Do My Way of Life Gichin Funakoshi

Gichin Funakoshi had a very interesting life. Gichin was prematurely born in 1868. As a child he was very frail. At a young age Gichin went to master Azato and Master Itosu. When Gichin was 21 years old he was a school teacher. Then Gichin trained his mind and soul with Master Azato and Itosu day after day. Gichin then suggests the idea of the word kara in karate to be changes for Chinese hand into empty hand. Gichin told his readers many stories about his masters. Then karate became part of school curriculum. Gichin then tried his best to populate karate. Gichin then announced that he would take students on a normal basis. The art spread very quickly. Gichin then went to Tokyo to populate karate. Gichin spent many years in Tokyo and had many encounters. One of the encounters was a younger man was running toward Gichin so Gichin kicked the young man and the young man fell into the cesspool. Later in his life, many important people asked him to demonstrate karate. Gichin Funakoshi near the end of his life did simple jobs to keep a living. The book ends with Gichin telling his readers that he is flying to America to spread karate to America.

Karate-Do My Way of Life

The book I read for achieving my Black Belt was *Karate-Do. My Way of Life*. My instructors chose this book for me as they thought it best fit my character. The author of the book was Gichin Funakoshi. In this book it tells about his autobiography on his life growing up. This book report will consist of 5 things. First, an introduction, and then three important details I found about the book, finally, a conclusion to this report.

Gichin was born in 1868, which was also the same year as the Meiji Restoration. He was born in the district of Yamakawa-cho in the royal capital of Shuri. His grandfather taught him the Four Chinese Classics, and the Five Chinese Classics of the Confucian tradition. Also, one of Gichin's classmates was the son of Yastusune Azato who was one of the greatest experts in the art of karate.

Gichin also learned about the origin and development of the karate in Okinawa. This style of karate was *Kempo*, from which, present day karate evolved. Before it was evolved it was first known as Okinawate. Gichin believed that it is adepts who practiced the martial arts in secret incorporated those moves into dance moves so it would then confuse the authorities. These adepts needed to keep these karate skills secret because it was unlawful to practice this art at the time.

Gichin believes that when a person breaks a wooden board, the wood is undamaged. While those that are underneath are the ones who get broken. The most important rules I learned from Gichin while reading this book is that you should be deadly serious when you are training, and train with heart and soul or else it won't mean anything.

To conclude this autobiography of Gichin Funakoshi was very entertaining and it taught me a lot of information that was new to me. It also taught me about another person in the karate history that was an important founding father of the art. It is amazing to see how the world has changed throughout Gichin's life as well as today. I would finally like to thank my instructors for choosing this book for me.

By: Sebastian Trabucco