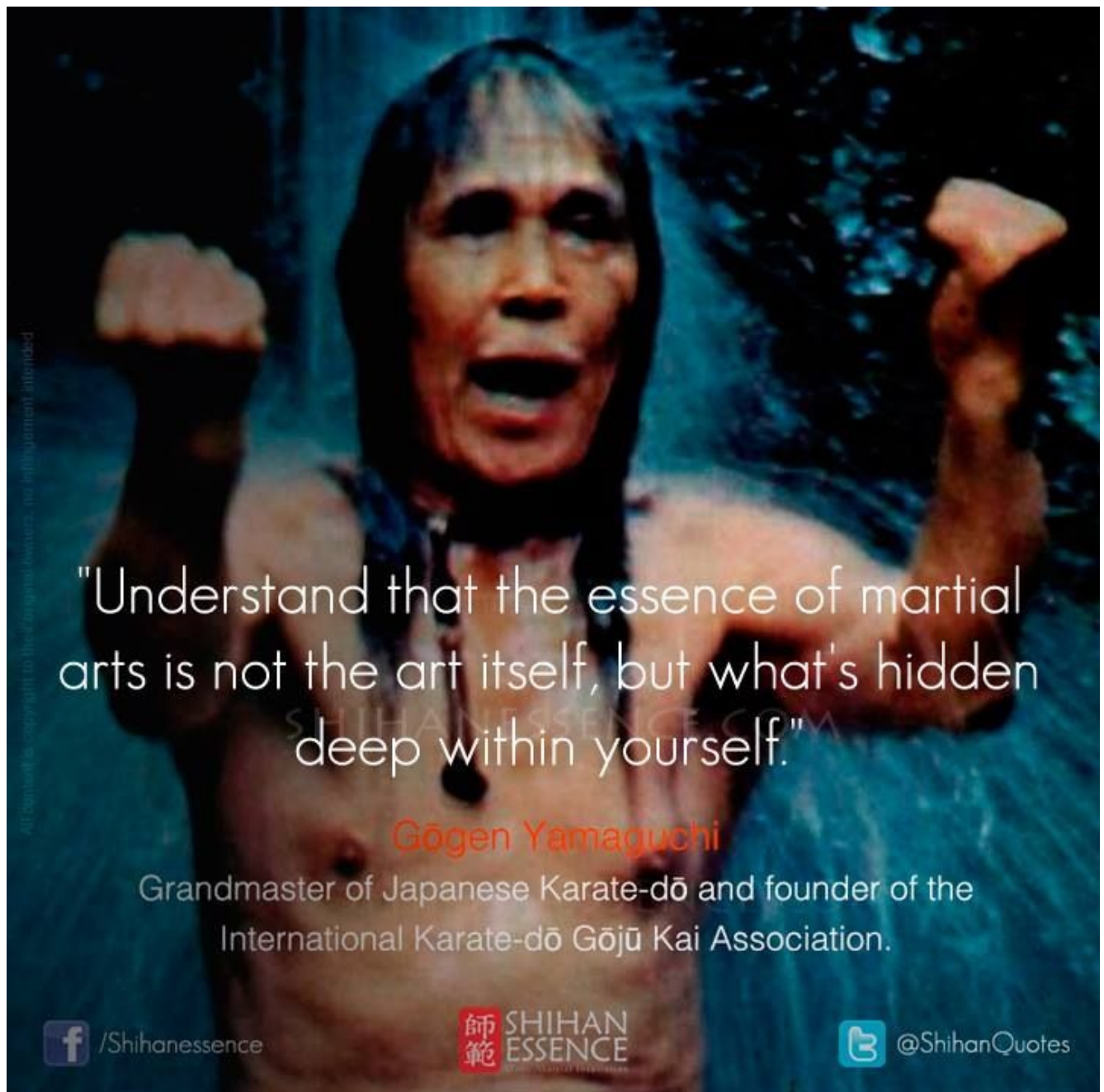


Essenzen



"Understand that the essence of martial arts is not the art itself, but what's hidden deep within yourself."

Gōgen Yamaguchi

Grandmaster of Japanese Karate-dō and founder of the International Karate-dō Gōjū Kai Association.

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"It's not about the style,
it's about you."

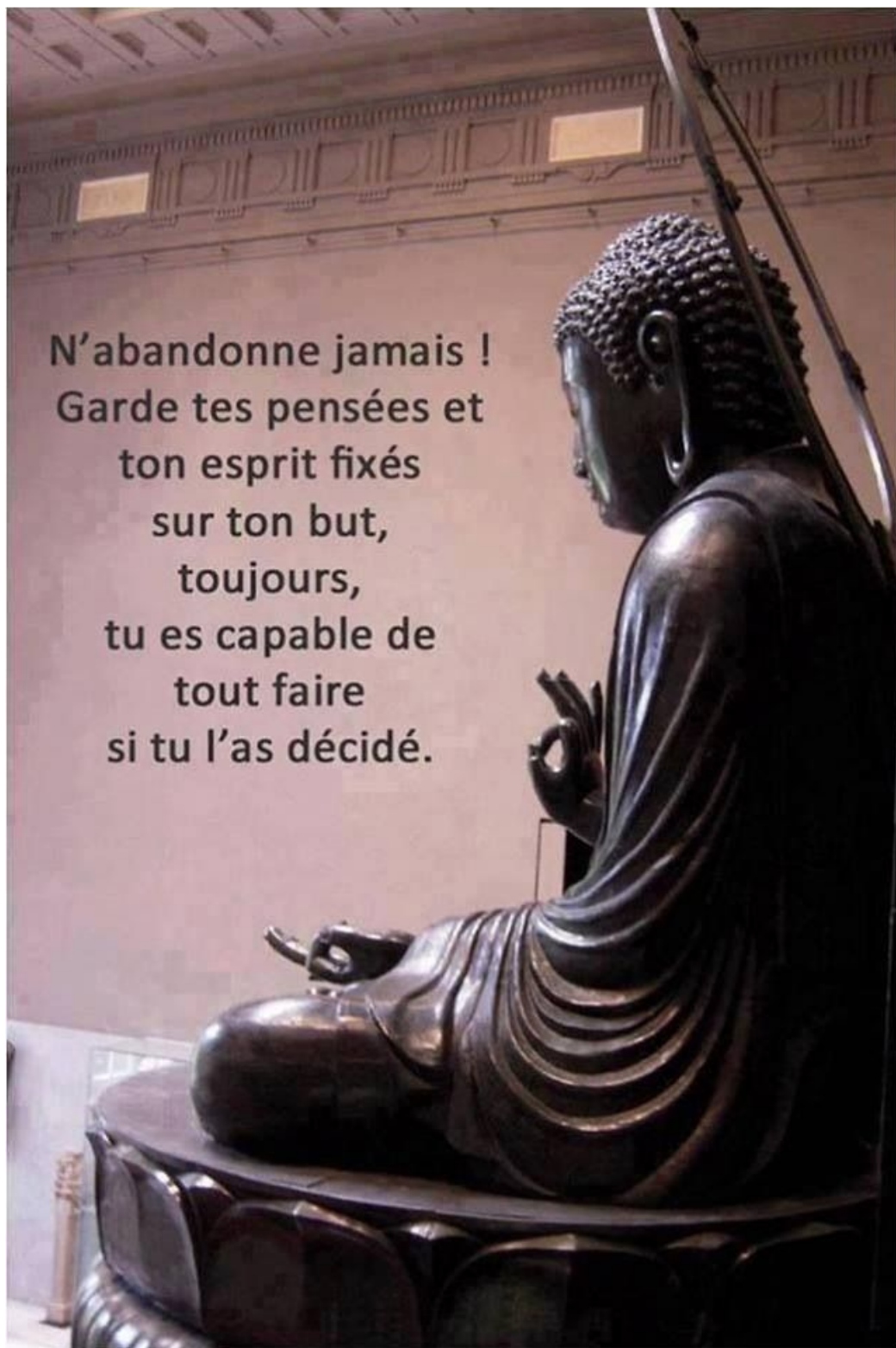
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Ip Man / Wing Chun


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"Karate is not something so simple
as to teach only fighting."

Grandmaster Kanei Uechi / 10th dan - Uechi-Ryu Karate



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"An instructor
needs patience,
which is why we
have to have
LOVE."

Shihan Keiko Fukuda
The highest-ranked female judoka
in history (1913 - 2013)

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