



Schweizerischer Karate-Verband
Fédération Suisse de Karaté
Federazione Svizzera di Karate

Essenzen

"The Path/Way of martial arts is the path for peace ... Regardless of the change that time brings; as it was in the past, Martial Arts has not altered it's true essence now and it never will in the future to come."

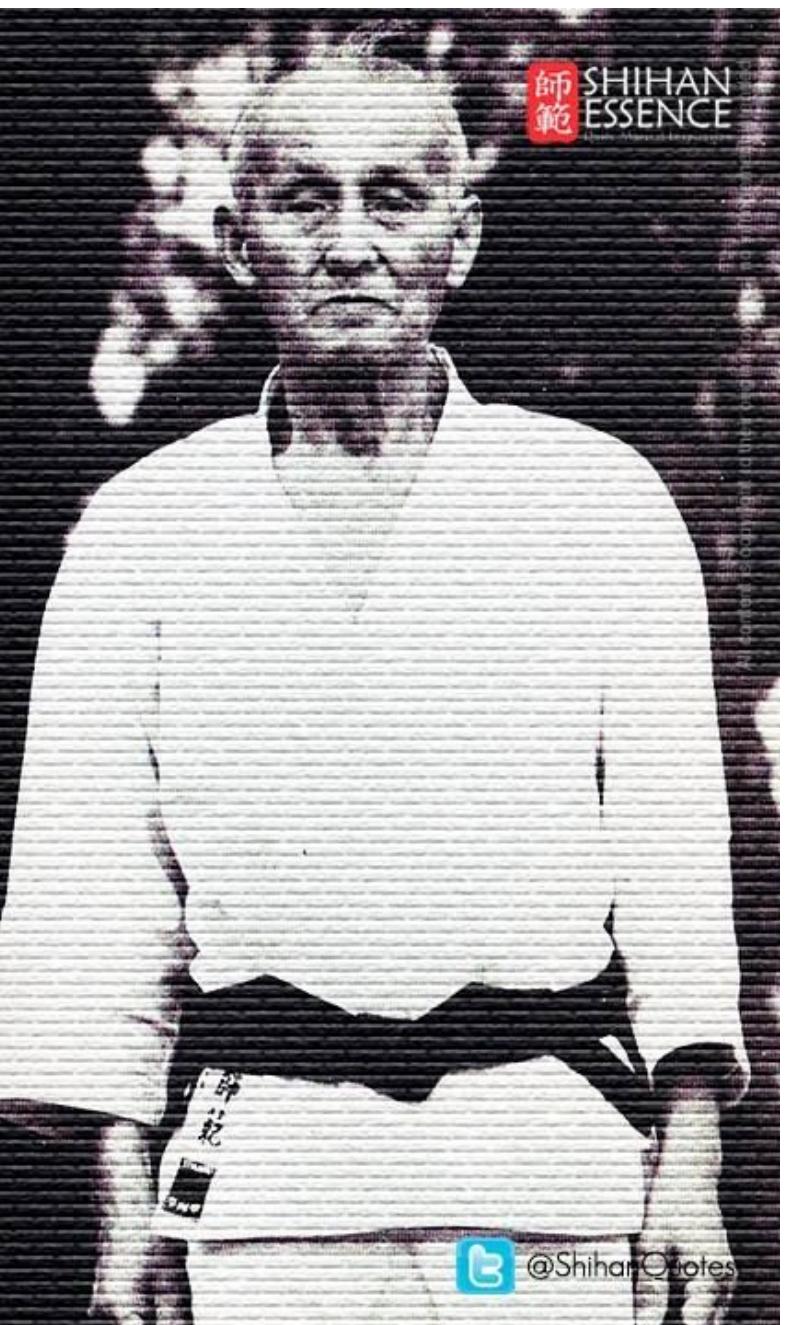
Grandmaster Hironori Ōtsuka
Creator of the Wadō-ryū
style of Karate



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SHIHAN ESSENCE - Your Martial Essence



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ESSENZEN

“True art has
no goal and
no purpose.”

Awa Kenzô
Kyudo Master



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ESSENZEN

"Karate is not about winning.
It's about **not losing.**"

SHIHANESSENCE.COM
Master Shigetoshi Senaha / 9th dan Gojuryu Karate

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Chris Wilson Photography

TRAVEL67

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“Repetition
is the
mother
of all
skills.”

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Daily Martial Inspiration

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Punong Guro Edgar Sulite
Teacher of Filipino Martial Arts



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