



Tales of Okinawa's Great Masters (Tuttle Martial Arts)

Shoshin Nagamine

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Now available for the first time in English, *Tales of Okinawa's Great Masters*, the late Shoshin Nagamine's groundbreaking work, recounts the legacy and life histories of Okinawa's greatest martial artists.

In addition to profiles of the legendary tegumi wrestlers, Nagamine-sensei features many of the world's great karate masters, including the founder of the core styles from which modern karate sprang.

Tales of Okinawa's Great Masters corrects historical inaccuracies surrounding Okinawan martial arts and brings alive the greatest of the great masters. In this seminal martial arts history and biography, Nagamine-sensei presents the martial legacy of the Okinawan people and, to complement and emphasize what is of greatest importance in these tales and life histories, concludes with detailed instructions for the practice of *zazen* (sitting meditation).

Already a classic in the Japanese edition, *Tales of Okinawa's Great Masters* is a must-read for all karate and tegumi enthusiasts, practitioners and researchers alike.

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