



Shoto's Traditional Karate Kai: My Life, My Art, In Karate And Tai-Chi

Gerald Griffiths

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THE SHOTO'S TRADITIONAL KARATE KAI In this book I wanted to pass on my experience and Standards of excellence, which I have carried over from my years of service I spent in the Grenadier Guards, and of the teaching standards of N.V.Q's in Combat sports with the Martial Art. Of communication and the teaching abilities, on how to get the best possible standard of technique, and practices of your students. To pass on the research of diet and of my own standard of fitness and advice on the ability that I have achieved throughout my life.

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