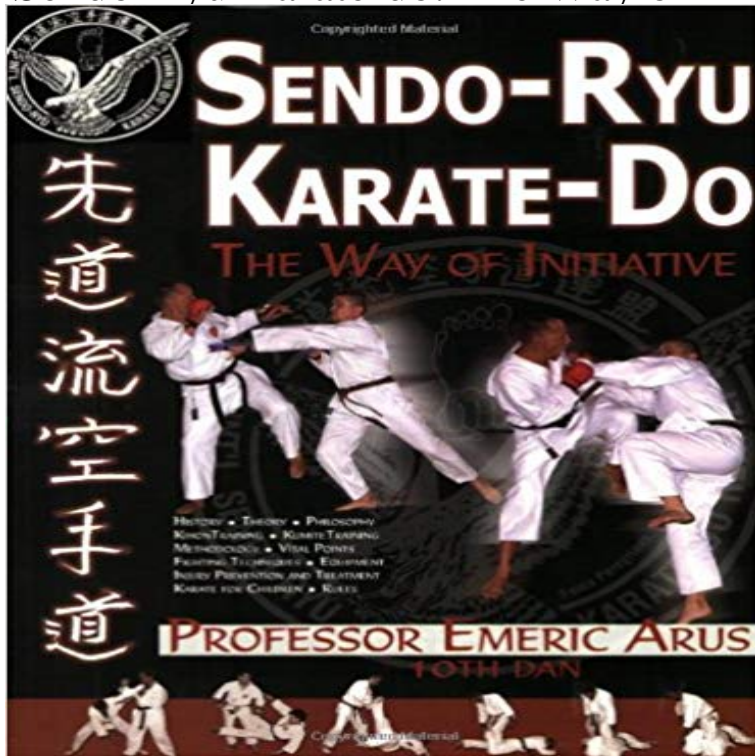


## Sendo-Ryu Karate-do: The Way of Initiative



In Sendo-Ryu Karate-Do The Way of Initiative, Professor Emeric Arus/SOKE 10th Dan Black Belt and Founder/President of the International Sendo-Ryu Karatedo Federation introduces a highly effective self-defense and sport Karate system. Sendo-Ryu Karate-Do The Way of Initiative offers over 80 diagrams and 400 photographs illustrating techniques ranging from knife attacks to defense techniques mandatory for black belt tests. This versatile and highly combative style incorporates the technical elements, basic training principles and general philosophy of four major Japanese styles: SHOTOKAN, WADO-RYU, GOJU-RYU and SHITO-RYU KARATEDO. Professor Arus has introduced new and efficient Karate techniques for both attack and defense. Leg-sweeps, throws, chokes, arm and leglock techniques from Judo, Jujitsu, Aikijujitsu, as well as systemized fighting principles and a strong methodology in Kumite (fighting), make Sendo-Ryu Karate-Do an altogether unique style. SENDO can be translated as the Way of Initiative. The research for Sendo-Ryu Karate-Do The Way of Initiative is the result of more than 30 years experience in the practice and teaching of martial arts. The principles are based on very solid biomechanical, physiological and methodological foundations.

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