

Shotokan

Shotokan is one of the four main schools of Karate in Japan. It is best characterised by its long and deep stances and its use of more linear movements. Shotokan has little of the circular movements found in Okinawan styles of karate, nor does it have the body conditioning and supplementary training exercises.

Shotokan Karate is considered by many a sports style of Karate, where tournaments and point-sparring are central to the art. Many exponents of Shotokan are displeased about the way Shotokan has been portrayed and would prefer that Shotokan becomes again the traditional, non-sports martial art as conceived by Funakoshi.

Origin of Shotokan: Japan

Founder of Shotokan: Gichin Funakoshi (Originally an Okinawan Karate Instructor who moved to Japan)