



# My Journey in Karate: The Sabaki Way

*Kancho Joko Ninomiya*

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## **My Journey in Karate: The Sabaki Way** Kancho Joko Ninomiya

Follow the path of *budo*—the warrior’s code of conduct—as it unfolds in the life of karate master Kancho Joko Ninomiya. Grandmaster of Enshin Karate and creator of the Sabaki Challenge, Kancho Ninomiya reveals how the spirit of feudal Japanese warriors inspired him as a boy and continues to shape his life as a man. *My Journey in Karate* describes the rigors of Ninomiya’s early training in judo before a chance meeting introduced him to an innovative karate sensei who changed his life. In addition to Kancho Ninomiya’s own story, *My Journey in Karate* includes an extended section of Ninomiya’s reflections on training, competition, strategy, and the lessons of karate both in and out of the dojo.

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