

Question:

Do you know the different styles of karate?

Answer:

It is nearly impossible to answer the question of how many different styles of karate exist today. Karate, as Chinese legend has it, was started by an Indian Buddhist monk named Daruma Taishi who traveled to China to instruct the Liang-dynasty monarch on the tenets of Buddhism. He taught the Chinese monks at a monastery called Shaolin-szu. From China, the art moved to the Okinawan Ryukyu Island chain.

The person most responsible for the systemization of karate as we know it today is Gichin Funakoshi, who was an Okinawan teacher. In 1917 Master Funakoshi performed a demonstration for visitors from the Japan Ministry of Education. They were impressed with the demonstration and invited him to teach in Japan. He moved in 1921 and taught there until his death in 1957 at the age of 88. The system of karate he taught is known today as Shotokan.