



Steady Training

Antonio Bustillo

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The story describes the journey of 30 years of martial arts training. It begins with the first karate class with a Japanese instructor during the early 1970s with chapters on Toyotaro Miyazaki, the nationally rated competitor of the 1960s and '70s, and Ken Ogawa one of the toughest fighters to come out of Morio Higaonna's Yoyogi dojo. Memorable moments depict the AAU Nationals as well. Later chapters describe training with Kiyoshi Yamazaki, and the Sabaki Challenge tournament of Joko Ninomiya an All Japan Kyokushin Champion.

As a young student in the traditional Shotokan (Kenkojuku) system, this narrative chronicles the transition to modern training methods and opening a dojo.

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Steven Campbell:

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Dewayne Campbell:

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