

the man credited for being directly responsible for the growth of *Gōjū Ryu Karate* in Japan. His first dōjō opened in 1948, and in May 1950, he established “*The All Japan Karate-dō Gōjū Kai*”.

In due course, he formulated his own system of *Gōjū Shintō*, a combination of *Gōjū* style *Karate*, *Yoga*, *Shintō* and *Zen*. He was fully versed in *Shintō* rituals and familiar with various *Yogas*; Hatha *Yoga*, *Raja Yoga* and *Kundalini Yoga*. He based his understanding of the human body on *Yoga* physiology and its seven *Chakras*. He defined *Gōjū Ryu* as “*Seishin No Mono*”, a thing of the spirit and in the early 1970’s founded his “*Japan Karate-dō College*” located in Tokyo’s *Suginami* suburb.

In 1989, *Gogen Yamaguchi* died, and the *Karate* world mourned his passing. At his funeral in Tokyo, every style and country were represented. As I recall these words in 2017, my real thoughts are back there, fifty-years ago, to a certain railway carriage, and a *Karate* Master who offered ‘the hand of friendship’ to a rather lonely and insignificant foreigner.