

JOSE M. FRAGUAS

Born in Madrid, Spain, Jose M. Fraguas is regarded as one of the world's leading authorities and writers in the art of Karate-do. Student of Sensei Masahiro Okada (Tokyo, Japan), he began his career as a writer at age 16 as a regular contributor to martial arts magazines in Great Britain, France, Spain, Italy, Germany, Portugal, Holland and Australia. A National Champion in Kata and Kumite in the 80's, he was a member of the Organization Staff in the 5th W.U.K.O. (WKF) World Championships.

After authored more than 27 books about Karate and Martial Arts, his pioneering work in the field has inspired others to follow but only a few in history, have successfully brought such a drive and scholarship to their work around the world. Fraguas has practiced, taught and written about Karate-do for over four decades. One of his works, the book series "KARATE MASTERS" – translated in several languages - has become a 'classic' around the world and is considered as one of the best all-time sources of information in Karate's philosophy and knowledge. As a motivational speaker, Karate instructor and "Strength and Conditioning" training specialist, Fraguas combines his personal experience, traditional Martial Arts strategies and modern psychology to teach people how to act decisively using cutting edge skills not only for physical training and sports but to effectively overcome any challenge in life.

An entrepreneur at heart, Fraguas is the owner and Editor-in-Chief of "MASTERS MAGAZINE," the world's leading publication for traditional Martial Arts as well as President of "EMPIRE BOOKS" and COO for "EM3 VIDEO". He currently resides in Los Angeles, California.