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Rokushaku Bo

Kata for

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kata with detail

Kanku Dai Kata

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Jutsu™ is the
analysis of the
karate katas and
their

application in
real combat. It
is also the
title of this
pioneering book
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information they
need to unlock
the
"secrets" of
kata and to
begin practising
karate as the
complete and
realistic combat
art that it was
intended to be!
This
groundbreaking
and often

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controversial
book provides a
detailed
analysis of the
combative
concepts and
principles upon
which the katas
are based.

'Bunkai-Jutsu'
is essential
reading for all
those who want
to understand

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the real meaning
of kata.

This manual on
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covers topics
including:
understanding
Kata and Bunkai;
the role of
grappling in
self defence;
close range
strikes; throws

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and takedowns;
ground fighting;
chokes and
strangles; arm
bars; leg and
ankle locks;
neck wrenches;
finger locks;
wrist locks; and
fighting dirty.

Topics covered
in this work
include:

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Understanding
kata and bunkai;
the role of
grappling in
self defence;
close range
strikes; throws
and takedowns;
ground fighting;
chokes and
strangles; arm
bars; leg and
ankle locks;
neck wrenches;

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finger locks;
wrist locks; and
fighting dirty.

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Using an

innovative new
format, this
journal allows
you to quickly
and easily
record

applications (or
"Bunkai") for
the movements in

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any kata in the
Isshinryu karate
system! Instead
of frantically
writing in class
or at seminars
not only the
application
being shown, but
which kata and
where in the
kata the
application
applies, simply

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open this
journal to that
point in the
kata to begin
taking notes in
specially
formatted cells.
Perfect for
taking to
seminars or
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deepen your
knowledge and
understanding of
traditional
karate katas.

This journal
includes step-by-
step photos of
the following
katas: - Seison
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Naihunchi -
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Sanchin The

Practical

In the practice
of karate,

throughout the

world and all

levels, there is

one sure

constant - the

Kata. These

formal sequences

of karate

techniques form

the basis of all

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proper practice,
and their range
in degree of
difficulty means
that they can be
taught
throughout a
student's
career. This new
edition, which
first appeared
as two separate
volumes, covers
the first

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thirteen

Shotokan Kata:

Heian Shodan,

Heian Nidan,

Heian Sandan,

Heian Yondan,

Heian Godan,

Tekki Shodan,

Bassai-Dai,

Empi, Sochin,

Jion, Hangetsu

and Nijushiho.

Fully

illustrated with

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photographs of
each move, the
accompanying
text explains
each sequence
fully and
clearly with a
thorough
investigation of
the Kata's
'bunkai' or
application. The
authors
concentrate not

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only on physical conditioning, but also on the correct mental and spiritual attitude.

Complete with an exploration of the historical background and development of the Kata, this book will prove indispensable to

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all students of
karate.

'Arm-Locks for
All Styles' is a
must read for
all martial
artists who wish
to expand,
enhance and
develop their
knowledge of arm-
locks. In
addition to

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providing step-
by-step
instruction on
over fifty-five
arm-locks, this
heavily
illustrated and
comprehensive
book also
includes
detailed
discussions on
the use of arm-
locks in live

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situations and the underlying core principles of all arm-locks. The wide range of wrist, elbow and shoulder locks covered in this book ensures that it will be of benefit to all martial artists,

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regardless of
style. This book
will help
practitioners of
'striking
systems' to
introduce arm-
locks into their
training.

Martial artists
who are more
familiar with
arm-locks are
sure to enjoy

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the wide
diversity of
content and the
unorthodox
nature of some
of the locks
covered. This
book also
includes
detailed
guidance on how
to uncover the
arm-locks
'hidden' within

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the katas,
hyungs and
forms.

Additional

photographs

clearly show

where many of

the arm-locks

covered can be

found in a wide

range of katas

including the

Pinans / Heians,

Kushanku / Kanku-

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Dai, Passai /
Bassai, Tekki /
Naihanchi,
Seishan /
Hangetsu,
Seipai, Jion,
Wanshu / Enpi,
Rohai, Nijushiho
etc 'Arm-Locks
for All Styles'
covers locks
that can be used
whilst fighting
vertically and

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on the ground
and is a must
for all martial
artists who
understand the
need for skills
at all ranges of
combat.â€¢

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Role of Kata,

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3: Safety in

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comprehensive
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ancient manual

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of karate—is the most complete available.

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Patrick McCarthy spent over ten years

researching and studying the

Bubishi and the arts associated

with it. The English

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translation of
this remarkable
tome includes
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throws that were once commonly practised in striking systems such as karate, boxing and taekwondo. In addition to providing instructions on the throws themselves, this book also covers the fundamental

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principles that
apply to all
throws, includes
practice drills
that will enable
the reader to
develop
competance in
live situations,
and explains
what to do
should a throw
go wrong and you
end up on the

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ground. The

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karate's top
masters, the
Bubishi is a
classic Chinese
work on

philosophy,
strategy,
medicine, and
technique as
they relate to

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the martial
arts. Referred
to as the "bible
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development of
karate as the
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spent over ten
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further. This
karate book is
one of the best
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supplements
available.

In Essential
Shorinjiryu
Karatedo,
Masayuki Kukan
Hisataka, ninth

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Karate master,
introduces the
highly
innovative and
effective
Shorinjiryu
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system of
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Karatedo is an
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who brought
karate to Japan.
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