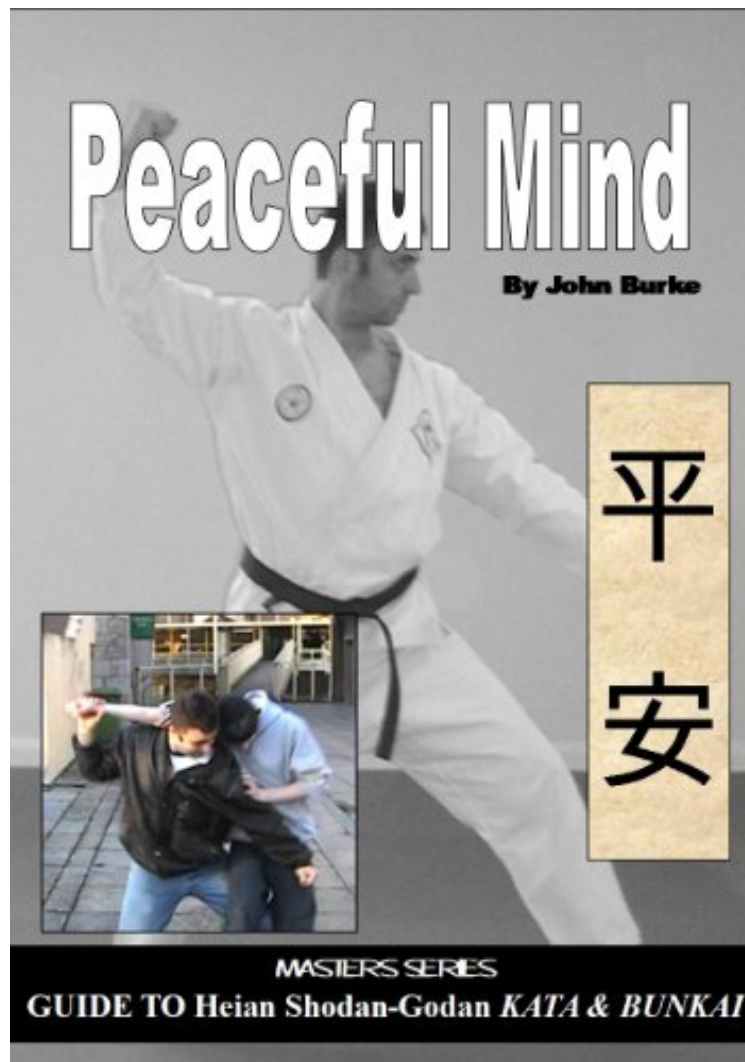


(Free pdf) Peaceful Mind Heian Karate Shotokan Kata Bunkai/oyo (English Edition)

## Peaceful Mind Heian Karate Shotokan Kata Bunkai/oyo (English Edition)

Von John Burke

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**Von John Burke : Peaceful Mind Heian Karate Shotokan Kata Bunkai/oyo (English Edition)** before purchasing it in order to gage whether or not it would be worth my time, and all praised Peaceful Mind Heian Karate Shotokan Kata Bunkai/oyo (English Edition):

KurzbeschreibungThe applications to the Shotokan Karate Kata that coloured belts learn - Heian Shodan, Heian Nidan, Heian Sandan, Heian Yondan, and Heian Godan. The self-defence techniques shown in this book represent what happens at a realistic distance against realistic kinds of attack, not the usual set of complicated combinations using Karate techniques that people don't really use in the street. The moves of the kata are shown used as throws, joint-locks, and immobilisations as well as strikes. This guide is also useful to those who study the Pinan kata as the applications are universal and cross style boundaries.

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Synopsis Heian 1-5, kata is learned by all students up to and including Black Belts. These forms are often mis-understood - thought to be all about the performance, when really it is the application of the movements that was important. Author John Burke takes us through the essential history and background to the 5 kata, and shows us not only how to perform the moves, but also what each move means in a simple but practical fashion that delivers real meaning for Karate students everywhere.