



Kata Bunkai: The Secret Karate Techniques

Helmut Kogel

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This book is aimed at both the experienced Karate student and those just starting up in finding their way through the theoretical and historical background of Karate and in the practice of the so-called secret techniques.

In reading the book it becomes easy to see Karate's relationship to other Asian Martial Arts systems. Its content includes Basic Techniques, Tuite (Lever) Techniques, Chin Na-Techniques (Hold and Control), Nage Waza (Throws), Shime Waza (Strangling Techniques) and Kyusho (weak points) Techniques. In this book we have tried to analyze Tuite and Kyusho Techniques from a modern anatomical point of view and to this aim have put together a new type of graphic illustration. At its hub is the Karate Kata, which contains all of the techniques mentioned above and which is invaluable for daily training once the various levels of the Bunkai (application) have been understood. The depth of these levels of understanding is layered according to the Omote (obvious interpretation) for the beginner and the Chuden Techniques (middle level) for the more advanced. The hidden, or secret, techniques open themselves up to the higher Master levels, which are described as Okuden.

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Christopher Barry:

A lot of people always spent their very own free time to vacation as well as go to the outside with them friends and family or their friend. Do you know? Many a lot of people spent that they free time just watching TV, or playing video games all day long. If you need to try to find a new activity that is look different you can read a book. It is really fun to suit your needs. If you enjoy the book that you simply read you can spent 24 hours a day to reading a book. The book Kata Bunkai: The Secret Karate Techniques it is rather good to read. There are a lot of those who recommended this book. These were enjoying reading this book. In the event you did not have enough space bringing this book you can buy the e-book. You can m0ore easily to read this book from your smart phone. The price is not to fund but this book has high quality.

Maria Huffman:

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