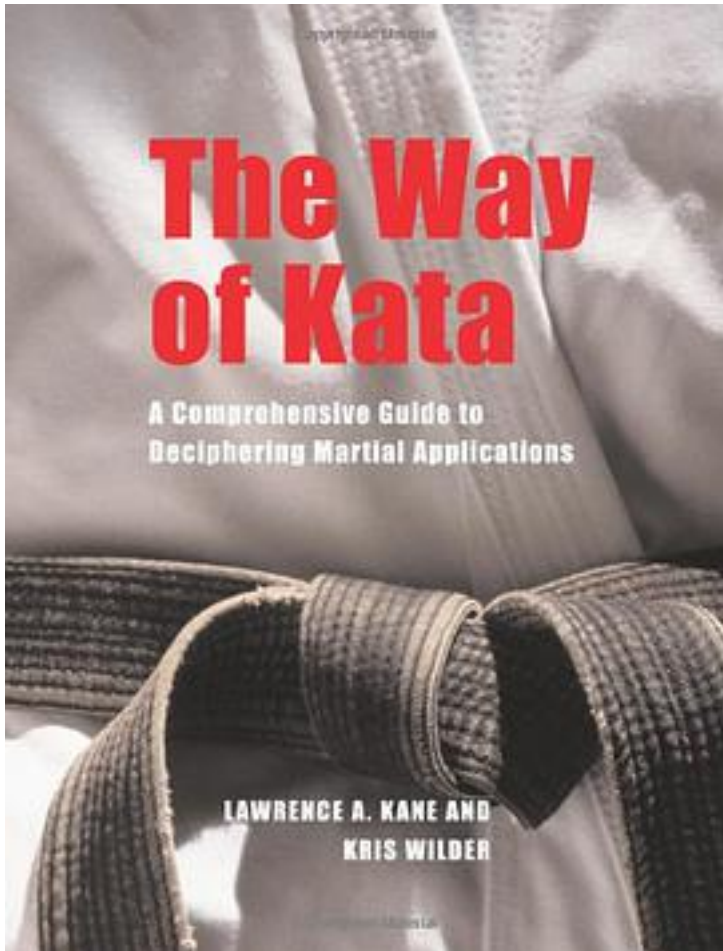


# The Way of Kata



[The Way of Kata 下载链接1](#)

著者:Kane, Lawrence A.

出版者:Natl Book Network

出版时间:2005-8

装帧:Pap

isbn:9781594390586

The ancient masters developed kata, or "formal exercises," as fault-tolerant methods to preserve their unique, combat-proven fighting systems. Unfortunately, they deployed a two-track system of instruction where an ‘outer circle’ of students

unknowingly received modified forms with critical details or important principles omitted. Only the select ‘inner circle’ that had gained a master’s trust and respect would be taught okuden waza, the powerful hidden applications of kata. The theory of deciphering kata applications (kaisai no genri) was once a great mystery revealed only to trusted disciples of the ancient masters in order to protect the secrets of their systems. Even today, while the basic movements of kata are widely known, advanced practical applications and sophisticated techniques frequently remain hidden from the casual observer. The principles and rules for understanding kata are largely unknown. This groundbreaking book unveils these methods, not only teaching you how to analyze your kata to understand what it is trying to tell you, but also helping you to utilize your fighting techniques more effectively—both in self-defense and in tournament applications.

- Fifteen general principles to identify effective techniques
- Twelve discrete rules for deciphering martial applications
- Comprehensive insights into kata history, strategy and tactics
- Vital physiological considerations

Well organized materials for easy reference and comprehensive understanding

作者介绍:

目录:

[The Way of Kata 下载链接1](#)

标签

评论

-----  
[The Way of Kata 下载链接1](#)

书评

-----

