



Itosu's Legacy - The Mysteries of the Pinan & Naihanchi Katas Revealed (Volume 1)

Dan Anderson

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Kata has been an integral part of karate training since its inception. After 1900, much of the meaning of the applications has been lost to antiquity...until now. In this volume, Prof. Dan Anderson strips away the mysteries of the Pinan & Naihanchi kata and presents their applications in a way that can be utilized by both beginner and master. Motion Application of the Pinan & Naihanchi katas contain the template by which one can decipher the movements of any kata for self-defense against any kind of grab or striking attack.

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