



The Way of Kata: A Comprehensive Guide for Deciphering Martial Applications

By Lawrence A. Kane, Kris Wilder

Download now

Read Online ➔

The Way of Kata: A Comprehensive Guide for Deciphering Martial Applications By Lawrence A. Kane, Kris Wilder

The Principles for Understanding Kata are Largely Unknown – Until Now

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

 [**Download** The Way of Kata: A Comprehensive Guide for Deciphe
...pdf](#)

 [**Read Online** The Way of Kata: A Comprehensive Guide for Decip
...pdf](#)

The Way of Kata: A Comprehensive Guide for Deciphering Martial Applications

By Lawrence A. Kane, Kris Wilder

The Way of Kata: A Comprehensive Guide for Deciphering Martial Applications By Lawrence A. Kane, Kris Wilder

The Principles for Understanding Kata are Largely Unknown – Until Now

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

The Way of Kata: A Comprehensive Guide for Deciphering Martial Applications By Lawrence A. Kane, Kris Wilder **Bibliography**

- Sales Rank: #446780 in Books
- Brand: Kane, Lawrence A.
- Published on: 2005-08-30
- Original language: English

- Number of items: 1
- Dimensions: 9.40" h x .89" w x 7.41" l, 1.27 pounds
- Binding: Paperback
- 310 pages

 [Download The Way of Kata: A Comprehensive Guide for Deciphe ...pdf](#)

 [Read Online The Way of Kata: A Comprehensive Guide for Decip ...pdf](#)

Download and Read Free Online The Way of Kata: A Comprehensive Guide for Deciphering Martial Applications By Lawrence A. Kane, Kris Wilder

Editorial Review

Review

"..absolute must for any serious practioner..." (Philip Starr, Inside Kung Fu Hall of Fame Member, founder of Yiliquan)

"...bridges the gap between form and application..." (Loren W. Christensen)

"...brings meaningful information to today's martial artists." (Martina Sprague, martial arts instructor, author)

"This book is a pioneering step..." (Sgt. Rory Miller)

"This superb book is essential reading..." (Ian Abernathy, author)

From the Publisher

Preface "I only expected to be in this country for three months; however, when I came to Spokane (Washington) and saw the deplorable level of Goju Ryu there, I took time and great pains to correct it. After six months—twice the length of time I had planned to stay—I realized that it would be easier to start from scratch than to fix the problems. It's usually better to rebuild a house than to remodel it! "The Goju Ryu that I saw when I finally visited dojos across the country was very poor, but I knew it wasn't anybody's fault. I understood there had been many teachers before, many bridges, and the messages often got crossed. There was such a gap between those practitioners and me! I didn't want to make any instructor uncomfortable. "My job first was to encourage people, not discourage them. I started correcting the basics and built the kata on them. Once we had some common ground, I could build on it. It was harder working with the instructors than with the beginners, because they had high rank and their pride prevented them from training with me in front of their students. And sometimes their students were better than they! But I understood the situation. So I gave them private instruction whenever I could, usually during breaks." – Teruo Chinen When new martial artists begin their training, they find they have to relearn basic concepts like breathing, standing, and walking. They are taught how to breathe through their diaphragm rather than solely with their lungs, introduced to a variety of uncomfortable stances and foreign postures, and shown how to move in unusual new ways. Balance and coordination take on a new meaning. And that's just the beginning. Soon they are introduced to kata, the dancelike movements in which the ancient masters hid the secrets of their unique fighting systems. Almost all Asian martial systems have kata of one type or another, from arnis to kung fu, karate to judo, and tae kwon do to tai chi. A kata is simply a pattern of movements containing a logical series of offensive and defensive techniques that are performed in a particular order. Its origins can be found in the nature of fighting, more than a thousand years of trial and error based on practical experience as well as keen observations about combat between animal and animal, between animal and man, and man-to-man. According to Morio Higaonna, "The true meaning and spirit of karate are imbedded in kata and only by the practice of kata can we come to understand them." Individuals who learn an art's strategy and diligently practice its kata can learn real-world fighting applications that they may use to defend themselves. While each kata is supposed to be performed the same way every time, there are a plethora of applications, or bunkai, from every kata, movements that can be applied in a real fight. Some applications, especially simple, straightforward ones, are easier to decipher than others. Unfortunately, such applications are not always the best interpretation of a given movement, nor are they the most likely to succeed in actual combat. Anything less than the best is simply not good enough if your life is on the line. Kata is not dance practice nor is it aerobic training . It is the fundamental basis of a fighting art. Like a textbook, it contains all the applications

you need to defend yourself in mortal combat. To get the most out of your martial art, you simply need to know how to "read" your kata like a book. Ah, but that's the rub isn't it? How does one learn how to read the kata textbook? The answer to that question is, of course, contained herein. We wrote these materials to help you do just that. The theory of deciphering applications from kata is called kaisai. Since it offers guidelines for unlocking the true meaning of each kata movement, kaisai no genri (the theory of kaisai) was once a great mystery revealed only to trusted disciples of the ancient masters in order to protect the secrets of their systems. Using the rules of kaisai no genri, practitioners can decipher the original intent of kata movements by logically analyzing each specific movement to find its okuden waza (hidden technique). This book helps practitioners understand the strategy behind whatever martial art they have chosen to study so that they can utilize its tactics wisely. Our efforts will show you how to analyze your kata to determine the best applications for a given situation. The heart of these materials covers fifteen general principles for identifying effective techniques as well as twelve discrete rules for deciphering applications from kata.

From the Author

Praise for *The Way of Kata*:

"This book is an absolute must for any serious practitioner of traditional karate, taekwondo, or kung fu." -- **Philip Starr**, Founder of Yiliquan

"For years karateka have needed a manual to bridge the gap between their training and real violence. This book is a pioneering step in fulfilling that need." -- **Rory Miller**

"This superb book is essential reading for all those who wish to understand the highly effective techniques, concepts, and strategies that the kata were created to record." -- **Iain Abernethy**, British Combat Association Hall of Fame Member

"This comprehensive book bridges the gap between form and application in a realistic, easy-to-read and easy-to-apply manner." -- **Loren W. Christensen**, 7th degree black belt

"Demonstrates the practical uses of kata, relates the traditional and modern aspects of fighting, and brings meaningful information to today's martial artists." -- **Martina Sprague**

Users Review

From reader reviews:

Steven Purdy:

Book is to be different for each grade. Book for children until finally adult are different content. To be sure that book is very important usually. The book *The Way of Kata: A Comprehensive Guide for Deciphering Martial Applications* seemed to be making you to know about other understanding and of course you can take more information. It doesn't matter what advantages for you. The book *The Way of Kata: A Comprehensive Guide for Deciphering Martial Applications* is not only giving you considerably more new information but also being your friend when you feel bored. You can spend your current spend time to read your book. Try to make relationship with all the book *The Way of Kata: A Comprehensive Guide for Deciphering Martial Applications*. You never sense lose out for everything in the event you read some books.

Joseph Sutton:

This The Way of Kata: A Comprehensive Guide for Deciphering Martial Applications book is not ordinary book, you have after that it the world is in your hands. The benefit you obtain by reading this book is definitely information inside this e-book incredible fresh, you will get details which is getting deeper you read a lot of information you will get. This kind of The Way of Kata: A Comprehensive Guide for Deciphering Martial Applications without we recognize teach the one who reading it become critical in pondering and analyzing. Don't always be worry The Way of Kata: A Comprehensive Guide for Deciphering Martial Applications can bring any time you are and not make your carrier space or bookshelves' turn into full because you can have it with your lovely laptop even mobile phone. This The Way of Kata: A Comprehensive Guide for Deciphering Martial Applications having great arrangement in word along with layout, so you will not sense uninterested in reading.

David McGowan:

Now a day people who Living in the era exactly where everything reachable by connect with the internet and the resources within it can be true or not call for people to be aware of each information they get. How many people to be smart in getting any information nowadays? Of course the answer then is reading a book. Examining a book can help persons out of this uncertainty Information particularly this The Way of Kata: A Comprehensive Guide for Deciphering Martial Applications book as this book offers you rich details and knowledge. Of course the details in this book hundred per cent guarantees there is no doubt in it you may already know.

Patti Wooden:

You can find this The Way of Kata: A Comprehensive Guide for Deciphering Martial Applications by go to the bookstore or Mall. Just simply viewing or reviewing it might to be your solve challenge if you get difficulties for ones knowledge. Kinds of this guide are various. Not only simply by written or printed but can you enjoy this book by simply e-book. In the modern era similar to now, you just looking of your mobile phone and searching what their problem. Right now, choose your current ways to get more information about your publication. It is most important to arrange you to ultimately make your knowledge are still change. Let's try to choose proper ways for you.

Download and Read Online The Way of Kata: A Comprehensive Guide for Deciphering Martial Applications By Lawrence A. Kane, Kris Wilder #NLT9CG0KSRU

Read The Way of Kata: A Comprehensive Guide for Deciphering Martial Applications By Lawrence A. Kane, Kris Wilder for online ebook

The Way of Kata: A Comprehensive Guide for Deciphering Martial Applications By Lawrence A. Kane, Kris Wilder Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read The Way of Kata: A Comprehensive Guide for Deciphering Martial Applications By Lawrence A. Kane, Kris Wilder books to read online.

Online The Way of Kata: A Comprehensive Guide for Deciphering Martial Applications By Lawrence A. Kane, Kris Wilder ebook PDF download

The Way of Kata: A Comprehensive Guide for Deciphering Martial Applications By Lawrence A. Kane, Kris Wilder Doc

The Way of Kata: A Comprehensive Guide for Deciphering Martial Applications By Lawrence A. Kane, Kris Wilder Mobipocket

The Way of Kata: A Comprehensive Guide for Deciphering Martial Applications By Lawrence A. Kane, Kris Wilder EPub

NLT9CG0KSRU: The Way of Kata: A Comprehensive Guide for Deciphering Martial Applications By Lawrence A. Kane, Kris Wilder