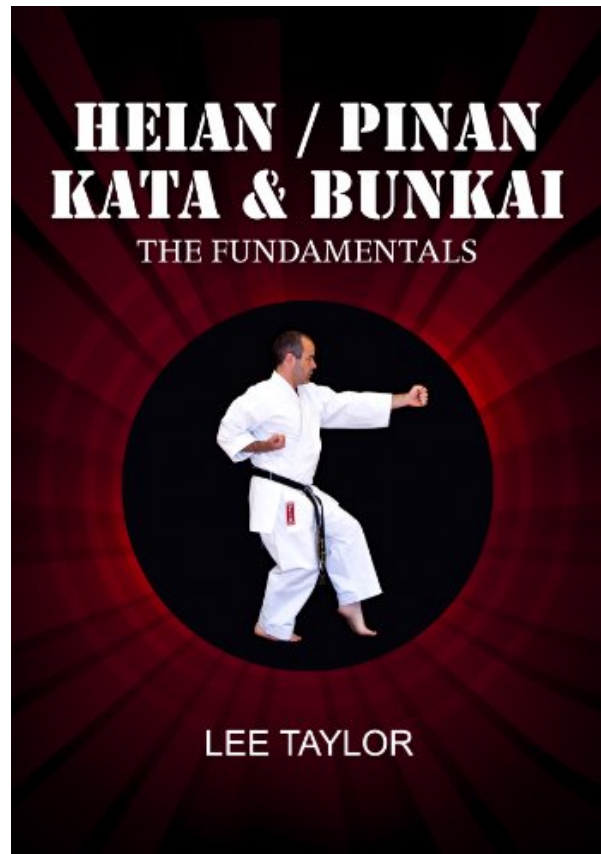


HEIAN / PINAN KATA & BUNKAI THE FUNDAMENTALS BY LEE TAYLOR



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Review

I have known Lee for a very long time. I know him to be a very able, open minded and practical karateka. This book is a great insight into the depth that the Heian / Pinan katas have to offer. Not only is the kata clearly explained, but Lee has also shown practical applications for every single move within those forms. Most books on the Pinan katas do not cover applications at all or show very dubious applications which have no chance of working in the real world. Lee's book helps show that karate can be a very real solution to the problem of civilian self defence. It is an excellent read and I highly recommend it. Iain Abernethy 6th Dan World Combat Association

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The Heians or Pinans are widely the most recognisable and practised kata in karate circles today, they are also arguably the most misunderstood.

If analysed, practised and taught effectively the Heian/Pinan kata have the potential to be a complete fighting system for the learning karateka, containing strikes, kicks, joint locks, throws, grappling and so on

With over 350 detailed pictures this book shows how the Heian kata can be used as tools for a physical confrontation, building skills for this environment that could help an individual escape from this scenario, using simple, effective, progressive bunkai contained within this series of kata.

‘Lee’s book helps show that karate can be a very real solution to the problem of civilian self defence. It is an excellent read and I highly recommend it.’

Iain Abernethy

6th Dan World Combat Association

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1 of 1 people found the following review helpful.

Useful right out of the box, but not groundbreaking

By N. M. Legel

I would consider this to be a good book, but mostly suited to beginner-intermediate students who have yet to be introduced to practical kata application. There is nothing terribly groundbreaking in this book, but for anyone who practices the Pinan/Heian series of kata and doesn't know what the techniques are for, or who feels that the applications they have learned are not effective, this is a great guide. It is simply structured, with clear photos and descriptions of applications that you can immediately look at and start practicing with

a partner. For those who already study practical kata application, you may not find much new material in this book, but it can still be a handy reference to loan out to newer students.

0 of 0 people found the following review helpful.

Three Stars

By Dana Bennett

very basic

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