



Practical Applications of the Shotokan Kata Jion and Jiin

Carsten Schmitt

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Kata is the way of the old Karate masters to pass their knowledge about self protection to their students. This book contains an analysis of the Shotokan Karate style's kata Jion and Jiin and their practical applications. It elaborates on why the two kata have a relation from a practical point of view and gives guidance how to train the methods described in them. The book was created for the author's 4th Dan grading in November 2012 with Iain Abernethy, Chief Instructor of the World Combat Association and leading expert in practical applications of Karate.

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