



The Way of Sanchin Kata: The Application of Power

By Kris Wilder

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The Way of Sanchin Kata: The Application of Power By Kris Wilder

Many practitioners believe that Sanchin Kata holds the key to mastering traditional martial arts. It is one of the simplest forms to learn, yet one of the most difficult to perfect. Those who truly understand its teachings find that it facilitates enormous quickness and power in any martial application. The challenge lies in gaining that understanding, which is something we had to uncover ourselves by trial and error... until now.

When Karate or “Ti” was first developed in Okinawa, it was about using technique and extraordinary power to end a fight instantly. These old ways of generating remarkable power are still accessible, but they are purposefully hidden in Sanchin Kata for the truly dedicated to find.

This book takes you to new depths of practice by breaking down the form piece by piece, body part by body part, so that the very foundation of the kata is revealed.

Test it. Every chapter, concept, and application is accompanied by a test it section, designed for you to explore and verify the kata for yourself. Sanchin Kata really comes alive when you can feel the thrill of having those hidden teachings speak to you through your body across the ages. No other document or video available today provides such depth and exploration of Sanchin Kata. Simply put: once you read this book and test what you have learned, your Karate will never be the same.

Contents Include:

- Movement Not Seen
- The Crescent Step
- The Spine
- Bones, Sinew, and Muscle
- The Energetic Structure
- The Mechanical Structure
- Iron Shirt
- Rooting

- The Mind
- Ten-minute Sanchin
- The 5:7 Ratio
- The Entire Traditional Kata in step-by-step Movement
- And Much More!

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Editorial Review

Review

"This book has been sorely needed for generations! ...every serious karateka absolutely must own." (Philip Starr, Inside Kung Fu Hall of Fame Member, founder of Yiliquan)

"If you want to develop real strength, speed, endurance, and power... buy this book. It should be required reading..." (Lawrence A. Kane, Best-Selling Author of Self-Defense Books)

"...dispels the myths... straightforward and accessible ... put the lessons of Sanchin to the test... a truly great piece of work..." (Iain Abernethy, 5th dan, British Combat Association Hall of Fame Member)

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This book has been sorely needed for generations! ...every serious karateka absolutely must own. - Philip Starr, Inside Kung Fu Hall of Fame Member; Founder of Yiliquan

After 26 years in Goju, I am finally excited to study and practice this kata. ...solid direction and guidance... - Dr. Jeff Cooper, Tactical Medical Director, Toledo (Ohio) SWAT

...dispels the myths... straightforward and accessible ... put the lessons of Sanchin to the test... a truly great piece of work.... Iain Abernethy, 5th dan, British Combat Association Hall of Fame Member

...a tremendous book that provides readers with a wealth of information that has previously never been disclosed in one volume.- Loren Christensen, 7th degree black belt; author

If you want to develop real strength, speed, endurance, and power... buy this book. It should be required reading... - Lawrence A. Kane, martial arts instructor; author

From the Back Cover

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Chapters include: * Movement Not Seen * The Crescent Step * The Spine* Bones, Sinew, and Muscle * The Energetic Structure * The Mechanical Structure* Iron Shirt * Rooting * The Mind * Ten-Minute Sanchin * The 5:7 Ratio * The Implements for Sanchin Kata Training * The Entire Traditional Kata in step-by-step movement.

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