



25 Shoto-Kan Kata

By Shojiro Sugiyama

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What is Kata?

A kata is a series of defensive and offensive moves against imaginary attacks from different directions. Also, a kata includes many moves for physical exercise and for connection to subsequent moves rather than for actual application.

Why practice Kata?

Because of the tension of fighting, it is difficult to maintain tranquility in order to examine and understand the details of techniques during sparring. Therefore, Kata are made for studying the details of the external movements.

Why this Kata book?

1. All movements are illustrated by drawing instead of photographs. Therefore, you can understand the movements more clearly.
2. The drawings employ a three dimensional perspective and use compass points for easy orientation.
3. To complete the learning of each Kata, the rhythm and timing of movements are clearly described.
4. For clear understanding, step by step explanations accompany each diagram.

Note: Instructions provided in English, Spanish and Japanese.

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Editorial Review

About the Author

Shojiro Sugiyama is known by his colleagues as a maverick. He teaches traditional Karate in a very contemporary way. Even though he teaches traditional Karate, almost every one of his approaches to training are different than traditional methods. His intent is to make Karate easier to comprehend and learn.

Unfortunately many Karate instructors use a "Monkey see Monkey do" approach to teaching - Sugiyama doesn't. If a college is a place where one goes to learn how to think then the Sugiyama Dojo (school) is where one goes to teach oneself Karate through thought and reason. Sugiyama encourages questions and debate. His job as teacher is to help his students gain a better understanding of Karate and guide their learning so that they can improve. He believes that eventually every student should become better than the teacher.

Similarly, Sugiyama's books reflect his unique approach to Karate. 25 Shoto-Kan Kata was the first book to use three dimensional drawings. His other books also break new ground and continue to develop the art of Karate. He believes that just as the student should surpass the teacher his books will eventually become obsolete (or collector's items) as new books are written. This constant drive toward innovation and development marks Sugiyama as a one of a kind Karate instructor.

Shojiro Sugiyama was born in Tokyo in 1929. In 1954, after training in two other styles of Karate, he began studying with the Japan Karate Association (Yotsuya), Japan. In 1963, he was invited to come to Chicago to teach Karate. He continues to teach Karate at his dojo located on the north side of Chicago.

Users Review

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want to try this extraordinary wasting spare time activity?

Anne Hahn:

The book untitled 25 Shoto-Kan Kata contain a lot of information on it. The writer explains the girl idea with easy technique. The language is very straightforward all the people, so do not worry, you can easy to read the idea. The book was authored by famous author. The author will bring you in the new period of time of literary works. It is possible to read this book because you can read on your smart phone, or program, so you can read the book within anywhere and anytime. If you want to buy the e-book, you can open up their official web-site and order it. Have a nice learn.

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