

Fortress Storming - the minor version - Masters Series Guide to Bassai Sho Kata & Bunkai



Some Karate kata (set forms) come along in families. Bassai has a Major version (Dai) and a Minor version (Sho). In this book, John Burke, bunkai specialist, shows how this version reflects the principles of effective application shown in its big brother version. Normally reserved for Black Belt practitioners, the kata is revealed to contain strikes to anatomically vulnerable locations, throws, locks, and much more. You will see that this is not a bo defence kata, see how the small version of the kata is full of big ideas.

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