



Naihanchi (Tekki) Kata: The Seed of Shuri Karate Vol 1 (Volume 1)

By Chris Denwood

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The heart of traditional karate is found within the kata. Naihanchi (Tekki) Kata is one of the original training forms and various versions of it can be found today in karate styles derived from the old Shuri-Te lineage on Okinawa. It is a vital part of karate's heritage handed down from the pioneering masters of our past. In this thought-provoking publication, Chris Denwood presents his own approach to traditional karate through Naihanchi Kata, featuring a step by step guide and an avid exploration of its true depth. Using five layers of analysis, Chris examines in detail how the movements of Naihanchi Kata represent a series of lessons, based on holistic themes and principles that when applied, show why this seemingly superficial kata has been revered by serious practitioners for generations. Volume one introduces the Kata, focusses on developing a solid foundation and investigates a number of the most important lessons on structure and dynamics to be found within the movements of the form.

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