



# 10 Keys to Unlocking Practical Kata Bunkai: A Beginners Guide to Form Applications for Self- Defence

*Leigh Simms*

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## **10 Keys to Unlocking Practical Kata Bunkai: A Beginners Guide to Form Applications for Self-Defence** Leigh Simms

This book is an overview on the 10 keys needed to learn and develop practical kata (form) applications regardless of what style (or system) you practice.

Originally, kata held the fighting concepts and principles for a complete self-defence fighting system. However, in today's age, much of the practical aspect of karate has been lost. By reading this book, you will learn to understand the context in which these traditional kata were designed to be used and how the motions within those kata can be applied in self-defence situations.

This book is not a comprehensive study on kata applications, rather it is a fantastic "starting point" and "reference" for your own kata bunkai training.

With quotes from past and present masters as well as numerous photographs demonstrating practical applications to form movements, there is something of value for both those new to kata bunkai as well as the more experienced practitioner.

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