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The Pinan Flow System refers to the ability to train karateka to flow seamlessly between ballistic and grappling responses using techniques and tactics embedded in the kata, and illustrates why the Pinan / Heian set, practiced by so many karateka, are an important and misunderstood part of the legacy of Okinawan karate to modern martial artists. Far from being simply kata for beginners, they ...

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The Application of the Pinan / Heian Katas by Iain Abernethy [www.iainabernethy.com](http://www.iainabernethy.com) Page 3 The Pinan / Heian series are often the first katas taught in the majority of modern

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Heian Kata This study guide is to remind practitioners of the Heian kata, how they look, and how to get the best out of them. The version shown within heralds from Shotokan, nominally the style of Funakoshi Gichin, credited by

### **Heian - Karate Academy**

This PDF on the Heian Shodan kata and bunkai is an extract from the book Heian / Pinan Kata & Bunkai - The Fundamentals. In that book all 5 of the Heian / Pinan kata are examined in detail from the solo performance of each kata, to the two person bunkai sequences. This PDF details the first kata of the Heian series, Heian Shodan (Pinan Nidan) showing in detail move by move of the solo ...

### **Heian Shodan Kata - Chris Denwood.com**

Pinan Flow System: Heian - Pinan Yondan: karate kata application for beginner to black belt (Volume 3) [John Titchen, Iain Abernethy] on Amazon.com. \*FREE\* shipping on qualifying offers. This book, the third in a four volume series, examines the fourth Pinan / Heian kata. Along with practical application drills based on

both the study of the ...

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