

# *The* **Essential Shotokan Series:**



## **Volume 1: Principles of Body Dynamics and Stances**

Ideal for beginning through advance practitioners or any instructor who wants access to a useful teaching and class planning tool.

Reviews, close-ups, real time and slow motion of all stances used in action at the end of each teaching sequence.



## **Volume 2: Blocking and Punching**

Teaches the relationship of timing and distance to the application of every block or punch.

Demonstrates beginner, intermediate and advanced level applications with training methods in real time and slow motion for each block or punch!



## **Volume 3: Kicking and Striking**

Teaches the relationship of timing and distance to the application of every kick or strike.

Demonstrates various beginner, intermediate and advanced level applications with training methods in real time and slow motion for each kick or strike.

**Ordering info: [www.essential-shotokan.com](http://www.essential-shotokan.com)  
E-mail: [info@essential-shotokan.com](mailto:info@essential-shotokan.com)**

Produced by Perfect Form, Inc. • P.O. Box 997, Watkinsville, GA 30677  
© 2000 Unauthorized copying or broadcasting prohibited.

**WARNING:** Encoded with an anti-copying process: MACROVISION™.  
Any attempt to copy this video tape may result in permanent damage to your recording device and/or VHS tape.



## **Volume 1:**

# **Principles of Body Dynamics and Stances**

**Running Time: Approx. 43 Minutes**

**Narration & Instruction by  
Edmond Otis, 6-dan**

*Chairman, American JKA Karate Association  
Director of Martial Arts, University of California at Riverside*

**THE "HOW TO" KARATE SERIES**

# Essential Shotokan Volume 1: Body Dynamics and Stances

---

## I Introduction

## II How to Use the Essential Shotokan Series

## III Principles of Power

### 1 - Focus

### 2 - Posture

- Key Points

### 3 - Body Actions

- Overview

### 4 - Vibration

- Key Points
- Close up
- Review
- Principle in Action

### 5 - Body/Hip Rotation

- Key Points
- Close up
- Review
- Principle in Action

### 6 - Body Shifting

- Key Points
- Close up
- Review
- Principle in Action

### 7 - Body Dropping

- Key Points
- Close up
- Review
- Principle in Action

### 8 - Body Raising

- Key Points
- Close up
- Review
- Principle in Action

### 9 - Pendulum Action

- Key Points
- Close up
- Review
- Principle in Action

### 10 - Breathing

- Key Points

### 11 - Timing

- Key Points
- Catch the Timing **After** an Attack
- Catch the Timing **During** an Attack
- Catch the Timing **Before** an Attack

### 12 - Rhythm Timing and Reaction Timing

- Overview

### 13 - Timing That Is:

- Sooner,
- Faster,
- Deeper.
- Principle in Action

## IV Stances

### 1 - Overview (of all stances)

### 2 - Natural (ready) Stance

- Key Points

### 3 - Free Stance

- Key Points
- Common Errors
- Review
- Stance in Action

### 4 - Front Stance

- Key Points
- Common Errors
- Training Method
- Review
- Stance in Action

### 5 - Back Stance

- Key Points
- Common Errors
- Training Method
- Review
- Stance in Action

### 6 - Hour Glass Stance

- Key Points
- Common Errors
- Training Method
- Review

### 7 - Side Stance

- Key Points
- Common Errors
- Training Method
- Review
- Stance in Action

## V Also Available in the Essential Shotokan Series

### 1 - Essential Shotokan Volume 2: Punching and Blocking

### 2 - Essential Shotokan Volume 3: Kicking and Striking

## VI Closing Credits