

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
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Volume 2:

Punching and Blocking

Running Time: Approx. 78 Minutes

**Narration & Instruction by
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*Chairman, American JKA Karate Association
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THE "HOW TO" KARATE SERIES

Essential Shotokan Volume 2: Punching and Blocking

I Introduction

II How to Use This Series

III Punching

- Overview
- Key Points
- Common Errors

1 - Lunge Punch

- a - Basic Training Method
 - Review in Slow Motion
 - Review at Normal Speed
- b - Intermediate Training Method
 - Review in Slow Motion
 - Review at Normal Speed
- c - Advanced Training Method
 - Review in Slow Motion
 - Review at Normal Speed

2 - Reverse Punch

- a - Basic Training Method
 - Review in Slow Motion
 - Review at Normal Speed
- b - Intermediate Training Method
 - Review in Slow Motion
 - Review at Normal Speed
- c - Advanced Training Method
 - Review in Slow Motion
 - Review at Normal Speed

3 - Short Punch (Jab)

- a - Basic Training Method
 - Review in Slow Motion
 - Review at Normal Speed
- b - Intermediate Training Method
 - Review in Slow Motion
 - Review at Normal Speed
- c - Advanced Training Method
 - Review in Slow Motion
 - Review at Normal Speed

4 - Rising Punch

- a - Basic Training Method
 - Review in Slow Motion
 - Review at Normal Speed
- b - Intermediate Training Method
 - Review in Slow Motion
 - Review at Normal Speed
- c - Advanced Training Method
 - Review in Slow Motion
 - Review at Normal Speed

IV Hard Blocking Techniques

- Hard Blocks Overview
- Blocking Surfaces
- Key Points

1 - Rising Block

- a - Key Points
 - Review in Slow Motion
 - Review at Normal Speed
- b - Common Errors

2 - Rising Block

- a - Basic Training Method
 - Review in Slow Motion
 - Review at Normal Speed
- b - Intermediate Training Method
 - Review in Slow Motion
 - Review at Normal Speed
- c - Advanced Training Method
 - Review in Slow Motion
 - Review at Normal Speed

3 - Downward Block

- a - Key Points
 - Review in Slow Motion
 - Review at Normal Speed
- b - Common Errors

4 - Downward Block

- a - Basic Training Method
 - Review in Slow Motion
 - Review at Normal Speed
- b - Intermediate Training Method
 - Review in Slow Motion
 - Review at Normal Speed
- c - Advanced Training Method
 - Review in Slow Motion
 - Review at Normal Speed

5 - Outside Block

- a - Key Points
 - Review in Slow Motion
 - Review at Normal Speed
- b - Common Errors

6 - Outside Block

- a - Basic Training Method
 - Review in Slow Motion
 - Review at Normal Speed
- b - Intermediate Training Method
 - Review in Slow Motion
 - Review at Normal Speed
- c - Advanced Training Method
 - Review in Slow Motion
 - Review at Normal Speed

7 - Inside Block

- a - Key Points
 - Review in Slow Motion
 - Review at Normal Speed
- b - Common Errors

8 - Inside Block

- a - Basic Training Method
 - Review in Slow Motion
 - Review at Normal Speed
- b - Intermediate Training Method
 - Review in Slow Motion
 - Review at Normal Speed
- c - Advanced Training Method
 - Review in Slow Motion
 - Review at Normal Speed

9 - Knife-Hand Block

- a - Key Points
 - Review in Slow Motion
 - Review at Normal Speed
- b - Common Errors

10 - Knife-Hand Block

- a - Basic Training Method
 - Review in Slow Motion
 - Review at Normal Speed
- b - Intermediate Training Method
 - Review in Slow Motion
 - Review at Normal Speed
- c - Advanced Training Method
 - Review in Slow Motion
 - Review at Normal Speed

V Soft Blocking Techniques

- Soft Blocks Overview
- Key Points

1 - Upper Sweeping Block

- Key Points
- Common Errors

2 - Upper Sweeping Block

- a - Basic Training Method
 - Review in Slow Motion
 - Review at Normal Speed
- b - Intermediate Training Method
 - Review in Slow Motion
 - Review at Normal Speed
- c - Advanced Training Method
 - Review in Slow Motion
 - Review at Normal Speed

3 - Lower Sweeping Block

- Key Points
- Common Errors

4 - Lower Sweeping Block

- a - Basic Training Method
 - Review in Slow Motion
 - Review at Normal Speed
- b - Intermediate Training Method
 - Review in Slow Motion
 - Review at Normal Speed
- c - Advanced Training Method
 - Review in Slow Motion
 - Review at Normal Speed

VI Volumes 1 & 3 Previews

1 - **Essential Shotokan Volume 1:**
Principles of Body Dynamics and Stances

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

VII Closing Credits