

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 3:

Kicking and Striking

Running Time: Approx. 83 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 3: Kicking and Striking

I Introduction

II How to Use This Series

III Kicking Techniques

- Overview
- Slow Motion Review
- Kicking Surfaces

1 - Snap Kicking

- a - Key Points
- b - Common Errors

2 - Front Snap Kick

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

3 - Side Snap Kick

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

4 - Side Snap Kick

- 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 - Side Thrust Kick

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

6 - Side Thrust Kick

- 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 - Roundhouse Kick

- a - Key Points

8 - Roundhouse Kick

- 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 - Reverse Roundhouse Kick

- a - Key Points
 - Review in Slow Motion
 - Review at Normal Speed

10- Reverse Roundhouse Kick

- 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

11- Back Thrust Kick

- a - Key Points
 - Review in Slow Motion
 - Review at Normal Speed

12- Back Thrust Kick

- 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 Striking Techniques

- Overview
- Striking Surfaces
- Key Points
- Common Errors

1 - Backfist Strike

- 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 - Bottom Fist/Hammer Fist

- 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 - Knife-hand Strike

- 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 - Ridge-hand Strike

- 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 - Elbow Striking

- a - Overview
- b - Key Points
- c - Common Errors

6 - Elbow Striking

- 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 & 2 Previews

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

2 - Essential Shotokan Volume 2:
Blocking and Punching

VII Closing Credits