

25 SHOTO-KAN KATA BY SHOJIRO SUGIYAMA



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About the Author

Shojiro Sugiyama is known by his colleagues as a maverick. He teaches traditional Karate in a very contemporary way. Even though he teaches traditional Karate, almost every one of his approaches to training are different than traditional methods. His intent is to make Karate easier to comprehend and learn.

Unfortunately many Karate instructors use a "Monkey see Monkey do" approach to teaching - Sugiyama doesn't. If a college is a place where one goes to learn how to think then the Sugiyama Dojo (school) is where one goes to teach oneself Karate through thought and reason. Sugiyama encourages questions and debate. His job as teacher is to help his students gain a better understanding of Karate and guide their learning so that they can improve. He believes that eventually every student should become better than the teacher.

Similarly, Sugiyama's books reflect his unique approach to Karate. 25 Shoto-Kan Kata was the first book to use three dimensional drawings. His other books also break new ground and continue to develop the art of Karate. He believes that just as the student should surpass the teacher his books will eventually become obsolete (or collector's items) as new books are written. This constant drive toward innovation and development marks Sugiyama as a one of a kind Karate instructor.

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What is Kata?

A kata is a series of defensive and offensive moves against imaginary attacks from different directions. Also, a kata includes many moves for physical exercise and for connection to subsequent moves rather than for actual application.

Why practice Kata?

Because of the tension of fighting, it is difficult to maintain tranquility in order to examine and understand the details of techniques during sparring. Therefore, Kata are made for studying the details of the external movements.

Why this Kata book?

1. All movements are illustrated by drawing instead of photographs. Therefore, you can understand the movements more clearly.
2. The drawings employ a three dimensional perspective and use compass points for easy orientation.
3. To complete the learning of each Kata, the rhythm and timing of movements are clearly described.
4. For clear understanding, step by step explanations accompany each diagram.

Note: Instructions provided in English, Spanish and Japanese.

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Most helpful customer reviews

1 of 1 people found the following review helpful.

An excellent reference

By Winter

In "25 Shotokan Kata", Sugiyama has brought the complex movements of Shotokan kata to their simplest form for learning. This book is an excellent reference for two reasons:

- 1) It breaks down every kata into its individual movements, and illustrates each in clear, simple diagrams
- 2) It contains instructions for each step that not only tell you what to do (e.g., "pivot clockwise on your left foot"), but also what you are doing ("grab his hand and break his arm with your elbow").

There is no substitute for training in a Dojo, but "25 Shotokan Kata" makes an excellent reference guide, and is in my top three recommended books for Japanese Traditional Karateka.

The price for this book may seem high, but when you weigh the knowledge within it becomes an extremely good investment and well worth the money for anyone wishing to learn--and understand--Shotokan kata.

3 of 3 people found the following review helpful.

Best book on Shotokan kata

By Christopher Boscarino

It is not obvious from the product description, but a major feature of this book is that it not only illustrates each technique of the Shotokan kata, but also describes how fast each technique should be executed and how long to pause between each movement. I am not aware of any other book that tells you this, a real help when learning.

Although very good, it does not go into detail on correct execution of each technique. You will need another book (or preferably good instructor) for that. Otherwise it is the best book on Shotokan kata available.

0 of 0 people found the following review helpful.

25 Shotokan Kata

By K. Acharya

As karate can not be learned from book because it is more practical and have to join the Karate club to learn properly. But this book is nice reference for doing your kata. Once you learn katas from your Master

(sensei), it is good book for reviewing and refining your kata steps.

We are practicing Shotokan Karate in Richmond, Kentucky. Our instructors use this book as good reference. I am glad that I bought this book and anybody serious about learning of Shotokan Karate, I recommend this book.

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