



Zen Shaolin Karate: The complete Practice, Philosophy and History

Nathan Johnson

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"Nathan Johnson has captured the essence of true karate-do." —**Paul Clifton, Editor, *Combat and Traditional Karate***

Kata, the "present movements forming the backbone of all Karate styles", have been a source of endless confusion for the vast majority of karate students. Nathan Johnson, third degree black belt in Karate and fourth degree black belt in Kung fu, gives the reader an ultimate interpretation of how *Kata* is applied to those Karate forms in this readable martial arts guide.

In *Zen Shaolin Karate*, Johnson explains and illustrates in precise detail every subtle movement of two of karate's most common *Kata*, and provides historical testimony for his explanations by integrating his findings with Zen philosophy. The author's unique interpretations of the *Nai Fuan Chin* and *Saam Chin* *Kata* will destroy the barriers separating Karate, Kung Fu, and Aikido, and will revolutionize how *Kata* are applied in all martial arts styles.

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