



# **The Taikyoku Kata in Your Pocket: Karate's Supreme Ultimate in 5 Rings, Black & White Pocket Edition**

*Patrick McDermott, Prof Ferol Arce*

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# The Taikyoku Kata in Your Pocket: Karate's Supreme Ultimate in 5 Rings, Black & White Pocket Edition

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Written by a White Belt and a Black Belt, this book contains the essence of Karate lore. Beginners will find all the basic concepts they'll need to get going. But it will also help higher ranks. As Master Funakoshi said, Taikyoku is a kata "of the most profound character and one to which, upon mastery of the art of karate, an expert will return to select it as the ultimate training kata." Taikyoku are used to introduce technique, but also the history and philosophy of Martial Arts. The authors share with you precepts of a master, insights of a beginner, and some Japanese and Okinawan lore and language picked up because of a life-long fascination with Things Japanese. You'll learn the meaning behind the Japanese words and kanji used in Karate, and improve your pronunciation along with your punches. You can use the book in conjunction with the Wado Ki Kai website at [www.wadokikai.com](http://www.wadokikai.com). You'll actually be able to see the kata performed by Sensei Arce, step through it or stop motion to study any position. Whether a beginner just starting Martial Arts or a Black Belt reviewing the lore and language of Karate, this book has something for you. This edition is in a handy, smaller format, suitable for stuffing in your gym bag.

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