

Pinan Flow System: Heian - Pinan Yondan: Karate Kata Application For Beginner To Black Belt (Volume 3) By John Titchen

By John Titchen

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Seventy Second Seminar Empi Uke Throw from Heian / -

Mar 20, 2015 A short video looking at one variation of a redundancy I teach for a failed tackle drill. This drill is taken from Volume Two of the Pinan Flow System. It

http://www.youtube.com/watch?v=DRSEZZot_0I

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Pinan Sandan / Heian Sandan End Throw - YouTube -

Mar 30, 2015 This Seventy Second Seminar illustrates one of my applications for the end movements of Pinan / Heian Sandan taken from Volume Two of the Pinan Flow System

<http://www.youtube.com/watch?v=FWRVPIVJAWg>

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