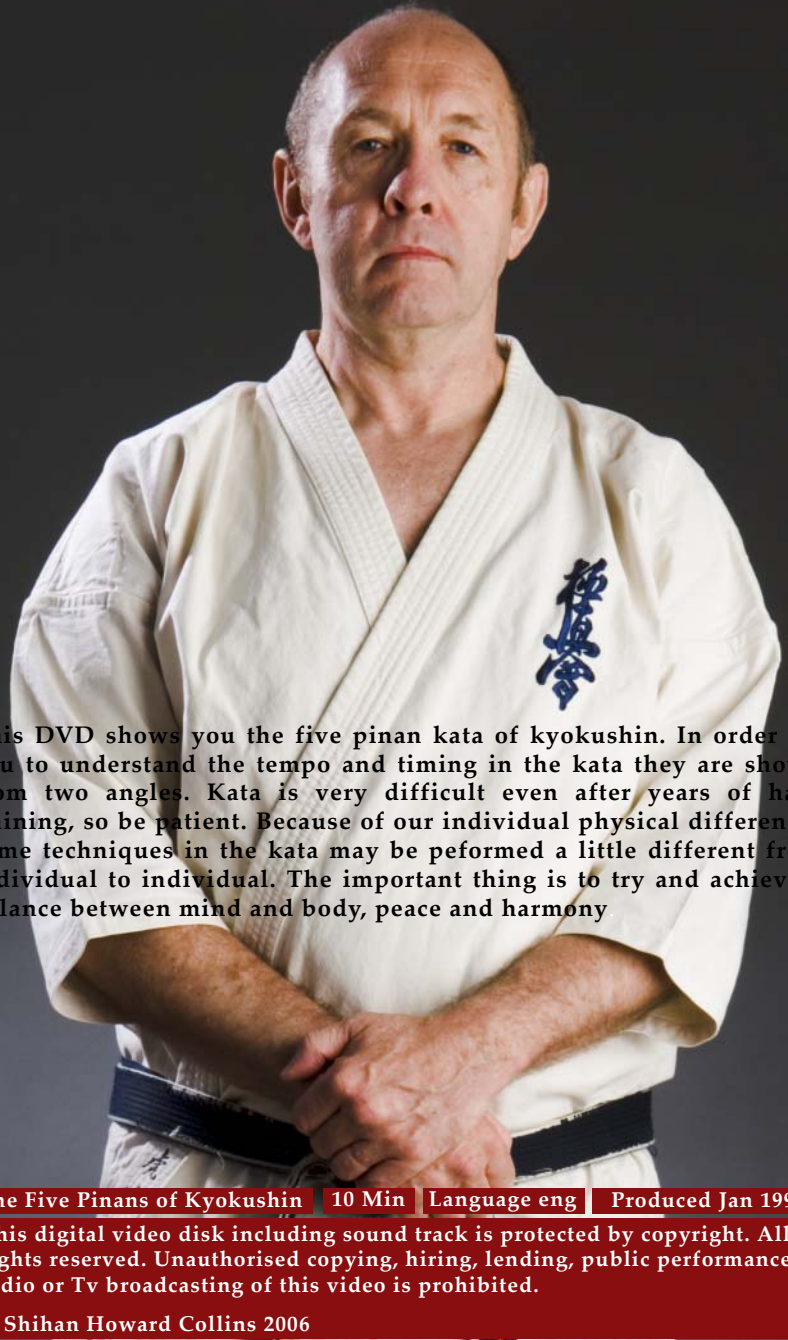


Photo by: Binge Eliasson



This DVD shows you the five pinan kata of kyokushin. In order for you to understand the tempo and timing in the kata they are shown from two angles. Kata is very difficult even after years of hard training, so be patient. Because of our individual physical differences some techniques in the kata may be performed a little different from individual to individual. The important thing is to try and achieve a balance between mind and body, peace and harmony

The Five Pinans of Kyokushin 10 Min Language eng Produced Jan 1999

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DVD

The five pinans of Kyokushin

Shihan H. Collins

DVD



peace & harmony
the **PINANANS**
of Kyokushin

Shihan Howard Collins 7th dan