



# Best Karate, Vol.5: Heian, Tekki (Best Karate Series)

*Masatoshi Nakayama*

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Kata, the formal exercises of karate training, were the essence of practice in Okinawa and China, and are the core training method even today.

Detailed here in 1500 sequential photos are the five Heian and three Tekki kata, mastery of which is necessary to attain first dan.

Demonstrated by the author and Yoshiharu Osaka.

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