



Oldman's Bubishi: An Introduction to Bunkai From Karate's Kata

Mark A. Cook

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"Oldman's Bubishi", is a richly illustrated introduction to the Bunkai of Karate Kata. The book by Mark "Oldman" Cook focuses on the widely practiced kata series, the Pinan / Heian / Pyung Ahn series. If you have learned this kata series or even the Hyung and Poomse variations they inspired in Korean Karate and Tae Kwon Do, this book is for you. Let Oldman and his nemesis introduce you to the bone breaking beauty of the kata / Form. Dance class is over. It's time to put the function back into your forms. Oldman's Bubishi, is the visual record of a deep dive into the waters of Karate Kata by Mark "Oldman" Cook. It is an 8.5 by 11", 136 page, spiral bound butt kicking. Written in the international language of line, it's not meant to sit on a shelf, look pretty and collect dust. It is a workbook for you to take onto the mats with you. What's inside? An artist's perspective on Kata. Insights on finding form, function for yourself. It's time make the art your own. There are sequential drawings of each of the five Pinan / Heian / Pyung Ahn Kata and an insightful, practical step by step analysis of each. Are you a Karate student? Have you gotten to the point that you're asking yourself "Why do I even waste my time doing stupid kata?". This book can help YOU answer to that question. Are you a Sensei or Sabumnim? Have you finally realized the you are not getting faster and stronger with each passing year. Not interested in competition sparring anymore. Have you become bored with the whole "Karate thing." Are you considering hanging it up? DON'T DO IT!!! Take responsibility for YOUR training and growth. Get fired up. If you are not satisfied with where you are or where you are going, you NEED a big dose of "Oldman's Bubishi" STAT!

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