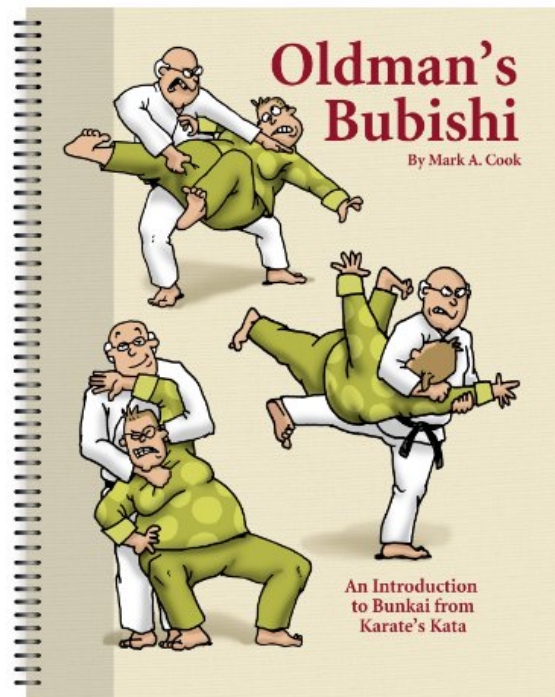
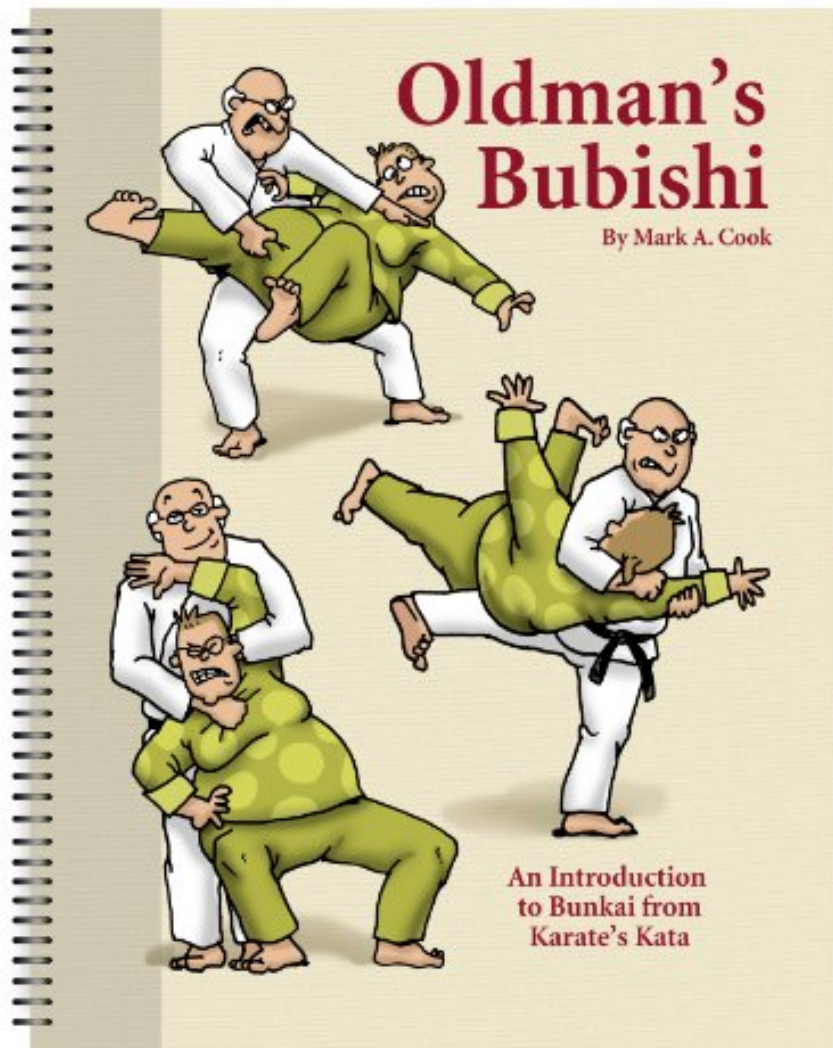


OLDMAN'S BUBISHI: AN INTRODUCTION TO BUNKAI FROM KARATE'S KATA BY MARK A. COOK



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OLDMAN'S BUBISHI: AN INTRODUCTION TO BUNKAI FROM KARATE'S KATA BY MARK A. COOK PDF

"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!

- Sales Rank: #701150 in Books
- Published on: 2012
- Binding: Spiral-bound
- 134 pages

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We all loved them. Not only did it make it more ...

By Steve Knowland

A little background. I used to visit Fightingarts. com, where Mark "Oldman" was also a member. As you can imagine, trying to explain bunkai in text can be a bit challenging. Mark started to use drawings to get his point across. We all loved them. Not only did it make it more clear what he was trying to say, but his interpretations also made sense. Many people said, "hey, you need to write a book".

As soon as I saw Oldman had written his book, I ordered it. It is one of the best books I've 'read' on bunkai. Not only does it clearly show the bunkai, but does so in a humorous manner. I've started giving the book to students as a workbook. We do kata and bunkai, and use this as a guide. What I really like is the "notes" pages, which allows us to add our own thoughts or ideas about the kata. Kids love it because of the pictures; it's easy to follow and understand.

I highly recommend this book to anyone who practices these kata.

2 of 2 people found the following review helpful.

Fun, Practical Illustrations

By Adam Bockler

There are two reasons why I like this book so much.

1. Hilarious Illustrations - It seems almost every other martial arts book out there has pictures showing what a would-be attacker and a would-be defender could be doing in any given scenario. As it well should. It's much more effective - for me, at least - to see how a self-defense maneuver goes from step A to step B to step C, rather than read descriptive text. Mr. Cook offers pictures, but they're his own unique illustrations. First he demonstrates the individual movements of the kata, and then he shows what total to be dozens of applications from the moves in each of the five katas.

2. Oldman Wants to Avoid Confrontation - Though it's not called out anywhere, Oldman is seen a number of times in each illustration with his hands up, as if he's saying he doesn't want to fight. Most martial arts books only focus on the technique itself, and not what led up to the technique. This book is a bit different, as it shows that Oldman is trying to get out before things get bad. (Spoiler alert: things always get bad in this book, and Oldman always wins.) Even if it's not explicitly mentioned, I love that this aspect of the dilemma is included.

2 of 2 people found the following review helpful.

I absolutely LOVE THIS!

By Jerry Leverett Jr.

I got this book already knowing the Pinan series of Kata...but the way Mr. Cook presents the material is truly one-of-a-kind and creative...it allows me to learn a few things I had never thought in a way that is easy to understand and fun to look at! I believe anyone could learn the series of kata as a basic teaching tool here and enjoy the ride!

See all 26 customer reviews...

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