

# Four Shades of Black: The Traditional Path to Building The Complete Fighter



The secrets of karate are contained in the kata, said the masters of old. What did they mean? For many years, people have struggled to understand where padwork, grappling, ground-fighting and even high kicks fit into traditional karate. While many people understand the purpose of individual kata, this book demonstrates how the various kata work together to create a logical fight progression from stand-up striking to close-quarter grappling and groundfighting. Four Shades of Black decodes the kata in a radically different way, revealing how the traditional arts set out to develop a complete and rounded fighter. If you think you know karate, think again.

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