

Appreciate:

Probabilistic inference
and normal
distribution as applied
to bunkai



Wrist Lock
Preparation -- Heian
Shodan

Understand the origins
and applications of the
heian kata, the wrist
locks, arm breaks and
throws



Heian Yondan - opening move

LAST CHANCE TO SEE ... NEXT

PRACTICAL KARATE (BUNKAI) & KUMITE DRILLS

Covering distancing (maai), reaction time, exploiting
instinct, wax on/wax off :-)

Location: Bearspaw

Date: Saturday, October 18, 2025

Time: 10:00AM – 12:00 PM

**Cost: \$20 Pay: etransfer to:
St.AlbertKC@gmail.com**

Vic Charlton Yondan

Graded under Kanazawa, Enoeda, Yaguchi and
Jones sensei. Trained with Abernethy sensei. Began
training in 1965. Chief instructor with *St. Albert
Karate Club*



Pre-emptive strike-Shuto Uke

meaning of hikite – a
block is a strike
exploiting instinct -
blocking forward
turning a block into
throw



Heian Godan – Kagi Zuke