

Wilder teaches “The Way of Sanchin Kata” in Europe.

The new book, “The Way of Sanchin Kata: The Application of Power.” from Martial Artist and Author Kris Wilder was the subject of his teachings in Paris, France at the Nippon Budo Club.

March 13, 2007 - Seattle-based Goju-Ryu karate instructor Kris Wilder traveled to France in March to teach at a two-day seminar presented by Seisuke Adaniya Sensei, the head instructor of the Nippon Budo Club. Wilder’s teachings drew from his new book on Sanchin Kata, considered to be the key form for many traditional karate systems. The event drew participants from across France and from many karate styles ranging from Shorin-Ryu, Shotokan, and Uechi-Ryu, to name a few.



Wilder indicates the importance of shoulder position to seminar participant.

“One thing that everybody had in common was the desire to deepen their understanding of the key components of karate...the keys to powerful striking and



All ranks benefit from Sanchin kata

blocking,” said Wilder, “The fundamentals of Sanchin kata reach across styles and systems.” “As a matter of fact, we never actually got into the pattern of the form itself; the entire time of the Sanchin section was spent on body architecture and primary movements. People were really seeking the essence of the form.”

Continues Wilder, “Looking at a seminar like this, the measure of success, in my opinion, is when at the end everybody gets something they expected to get plus a little something extra, something that really opens up new ideas and new possibilities to their art.” The greatest thing is the smile that comes when somebody, after hard work gets it. It doesn’t get better than that.”

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