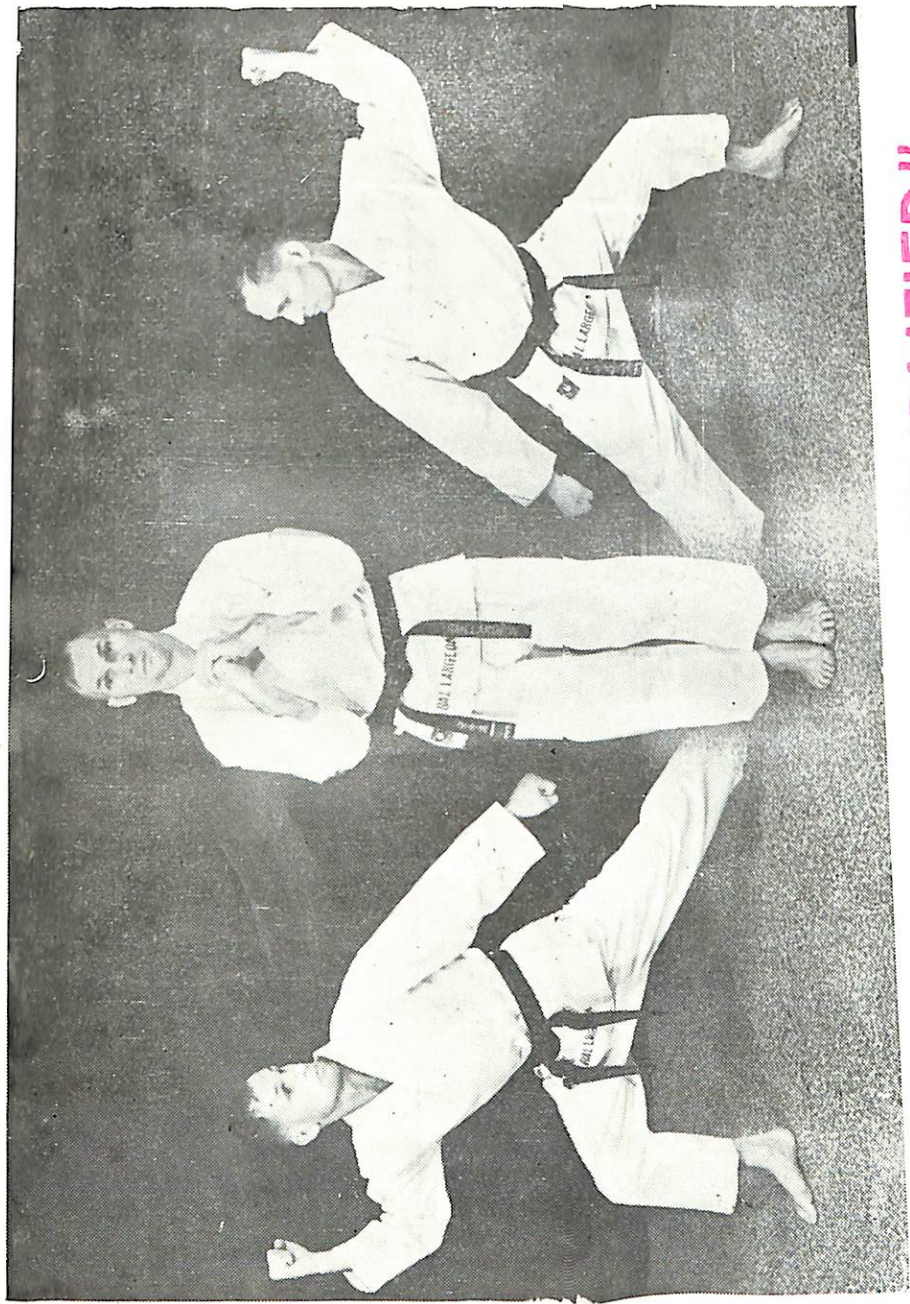


**RICHARD P. BAILLARGEON, Godan
SEISHIN-KAI KARATE UNION**



“KARATE KATAS SIMPLIFIED”

PREFACE

This book is intended to serve as a guide to instructors and students learning new katas or wanting to add variations to the ones they have learned. The word kata defined in the martial arts is a pre-arranged form of demonstrating methods of attack, defense, and counter-attacks against imaginary opponents. There are five main katas called Heians (Safety and Peacefulness) this name was given to them by the late Master of Karate Gichin Funakoshi Karate-kas over the years have added or deleted movements to the original five but have not changed the original pattern. The kates demonstrated in this book also have been modified over the years. I realize katas are difficult to learn from a book, but I hope this book of katas illustrated by a series of movement-by-movement photographs and diagrams along with the supplement book will aid you in mastering these katas quite easily.

THE AUTHOR

Mr. Richard P. Baillargeon, Godan who is the United States Seishin-Kai karate representative has over 15 years training in the martial arts and 21 years military service, he has served in China, Japan, Korea, and Pakistan. Mr. Baillargeon in 1956 learned karate under the personal instructions of Mr. Siyogo Kuniba, in Osaka, Japan. He is the only American ever to receive the outstanding karateka award from the Seishin-Kai Union of Japan. In addition to holding a grade in karate, he also holds a Masters certificate in Pakistan stick techniques (Lotthi and Gattka) and a Yondan grade in Jiu Jitsu.

To John,
Keep up the
good Karate.
Richard P. Baillargeon
Feb. 24, 1979

Remarks:

Karate is my Secret

I have no Weapons

I Pray I never have to use it.

Richard P. Baillargeon

KARATE STANCES



(Heisoko-dachi)
Informal Attention Stance



(Musubi-dachi)
Open Foot Stance



(Hachiji-dachi)
Open Leg Stance



(Kokusu-dachi)
Ruck Stance



(Zenkutsu-dachi)
Forward Stance



(Kiba-dachi)
Saddle Leg Stance



(Shiko-dachi)
Square Stance



(Neko-ashi-dachi)
Cat Stance



(Heiko-dachi)
Parallel Stance



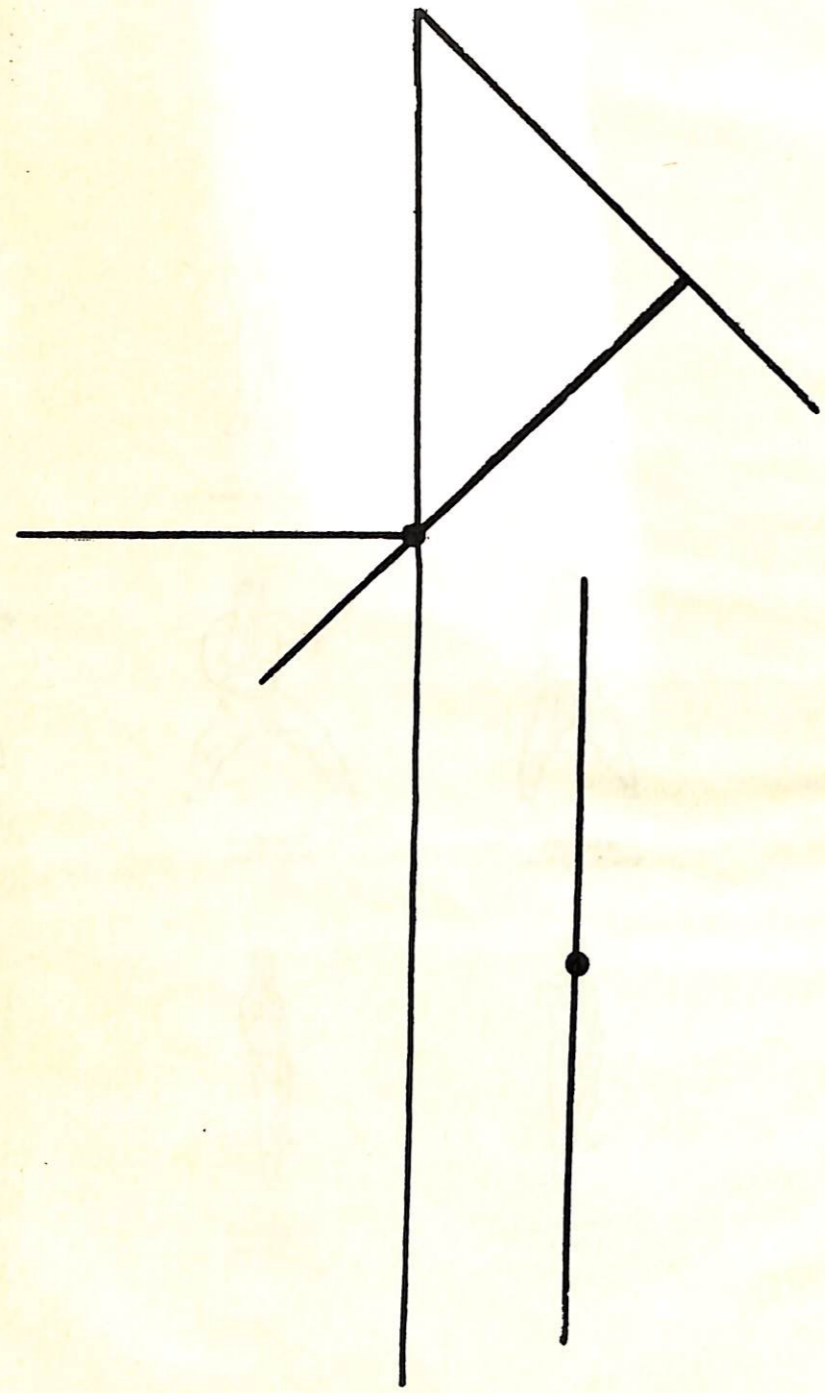
(Renou-dachi)
L-Stance



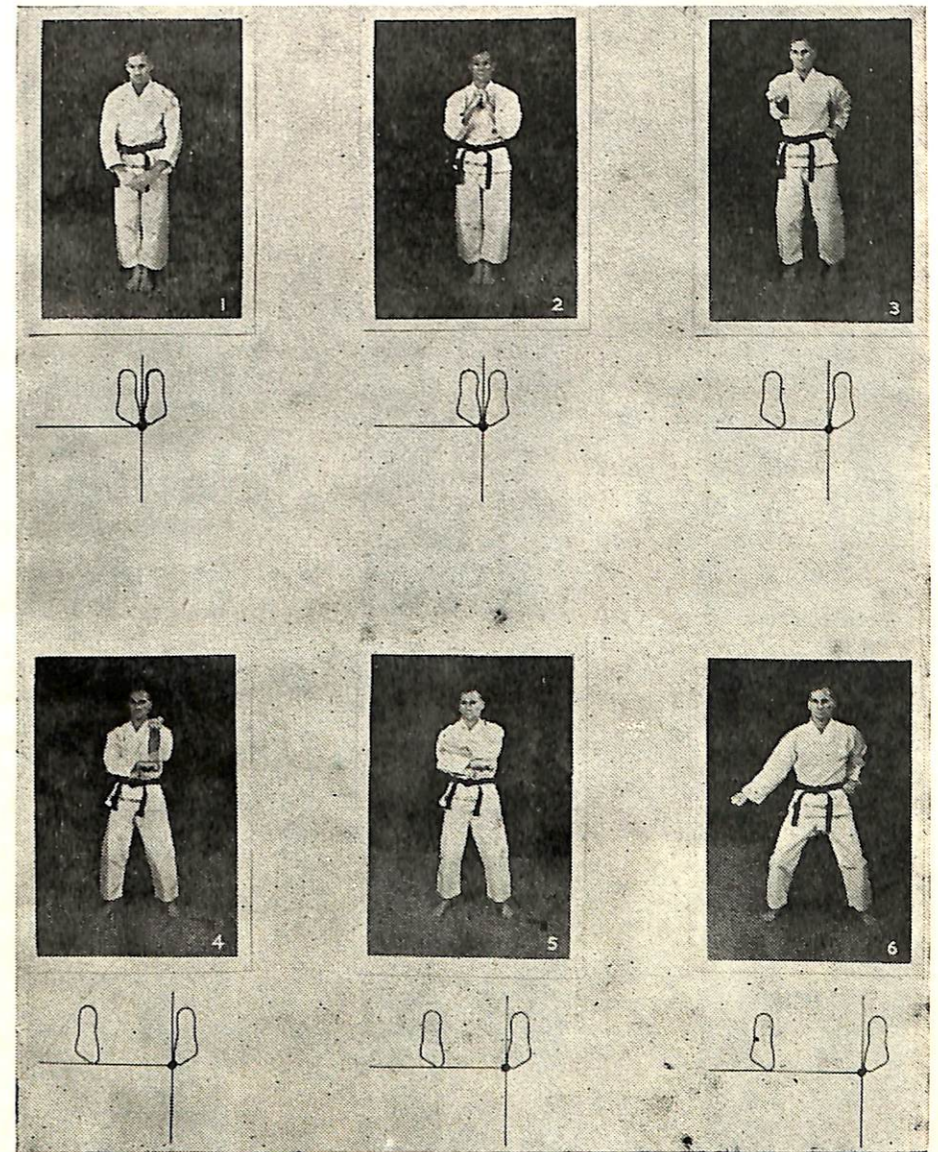
(Teiji-dachi)
T-Stance

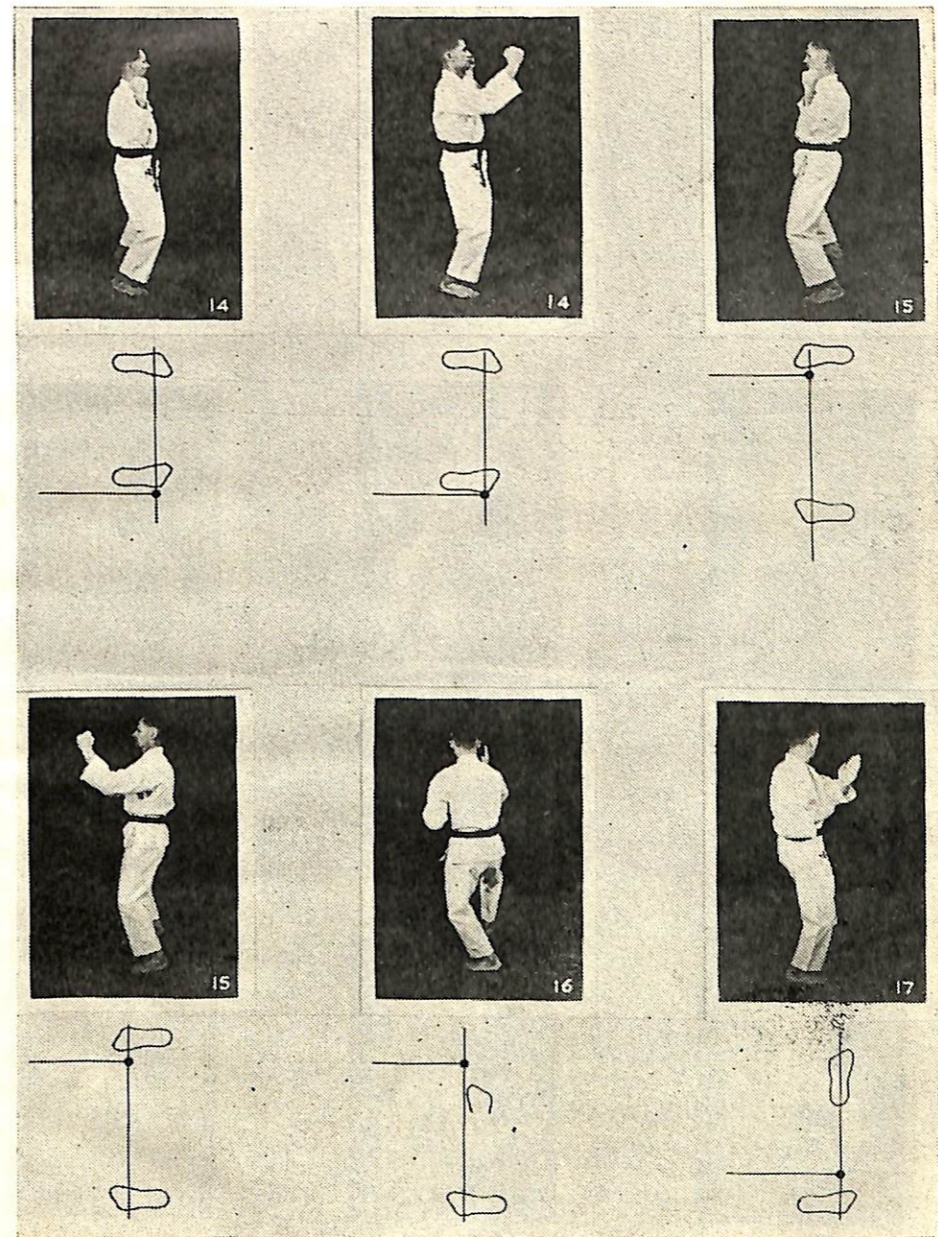
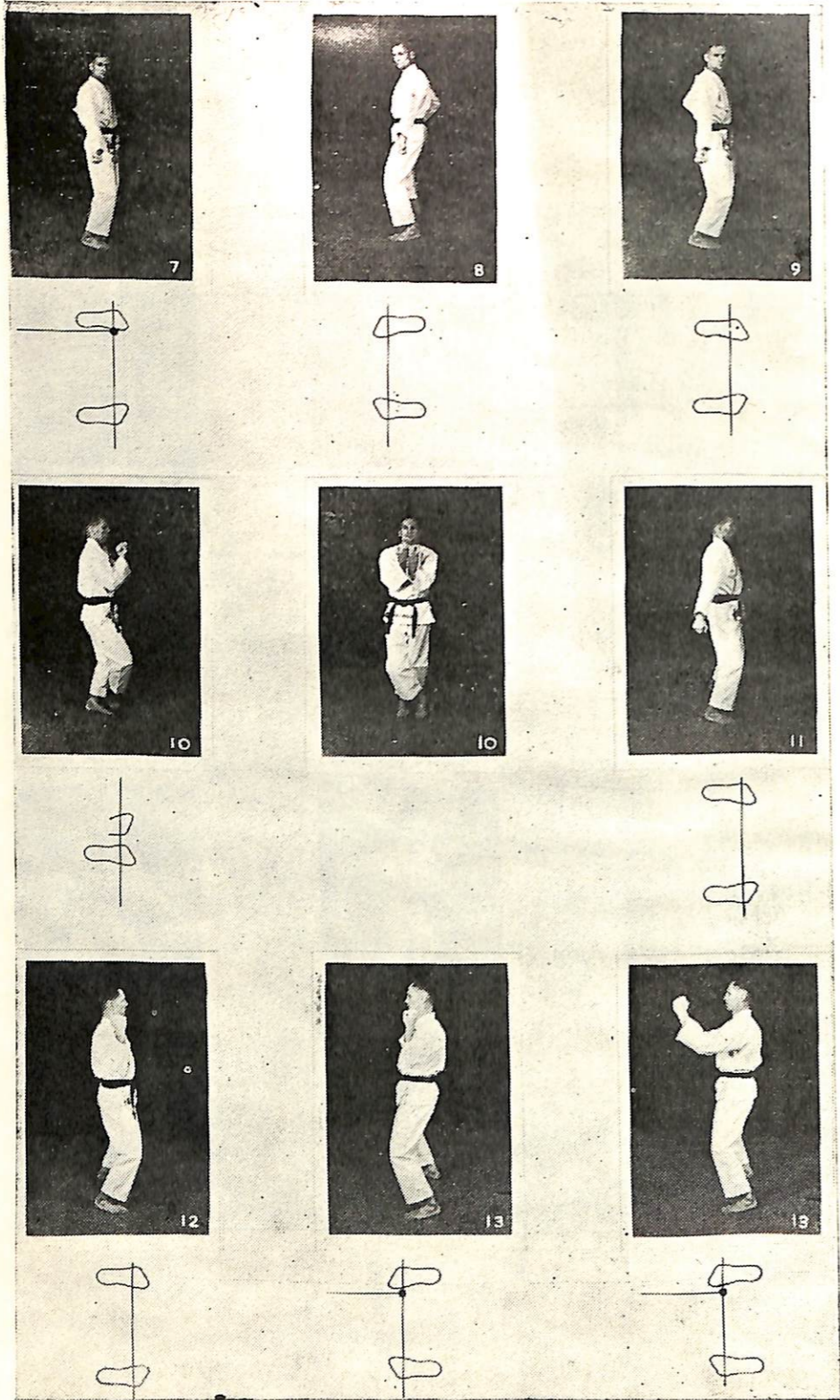


(Sagi-ashi-dachi)
Heron Leg Stance



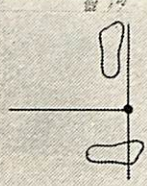
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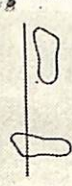


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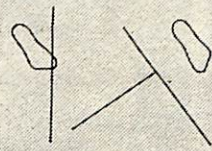
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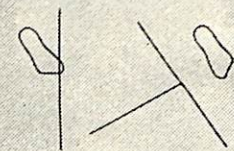
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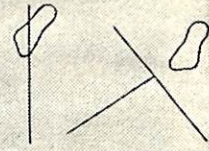
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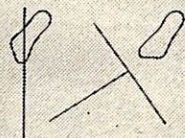
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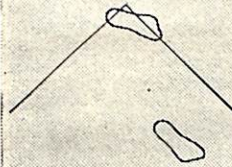
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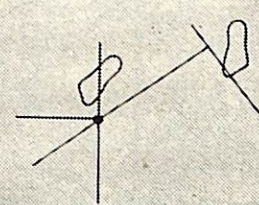
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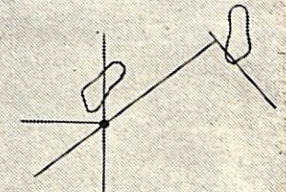
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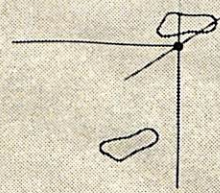
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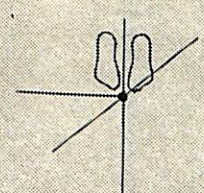
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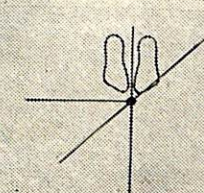
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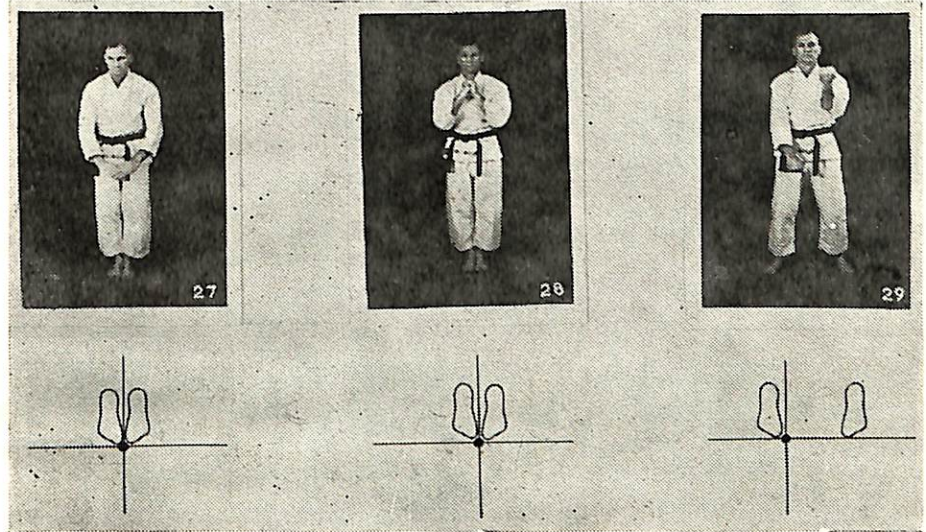
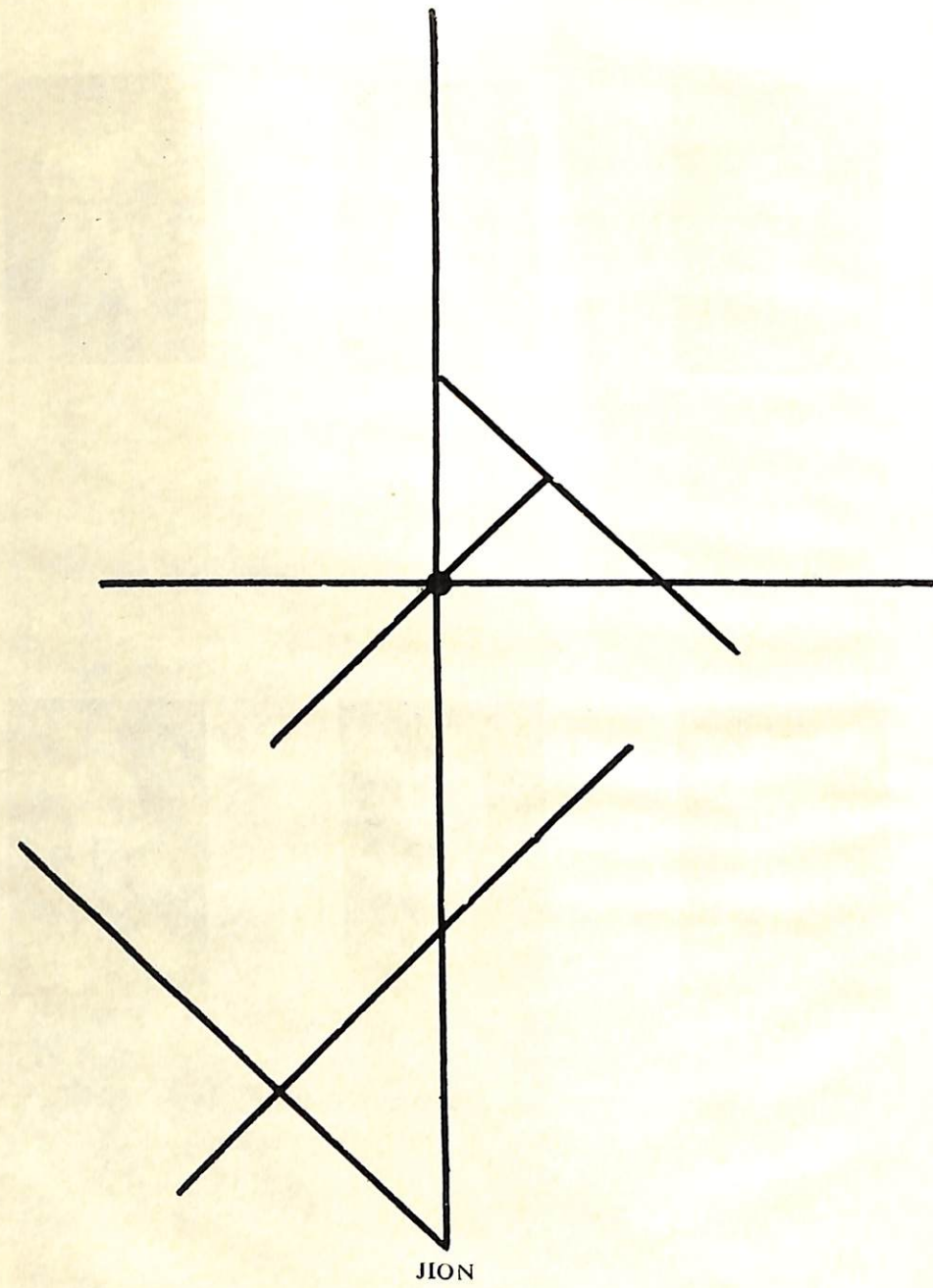


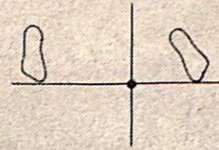
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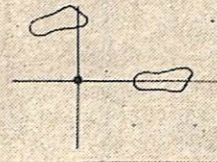
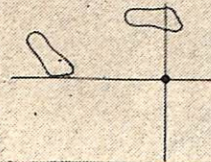
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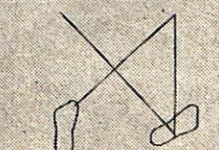
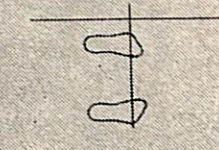
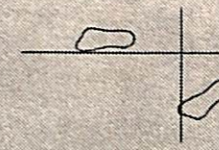


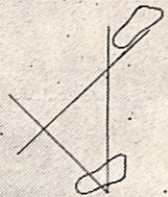
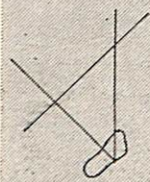


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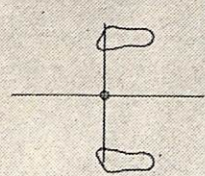


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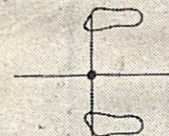
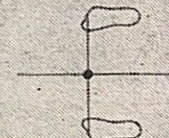
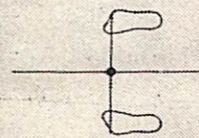
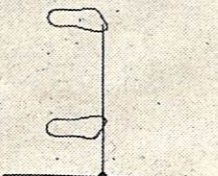




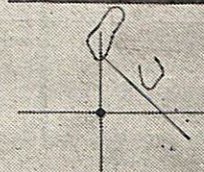
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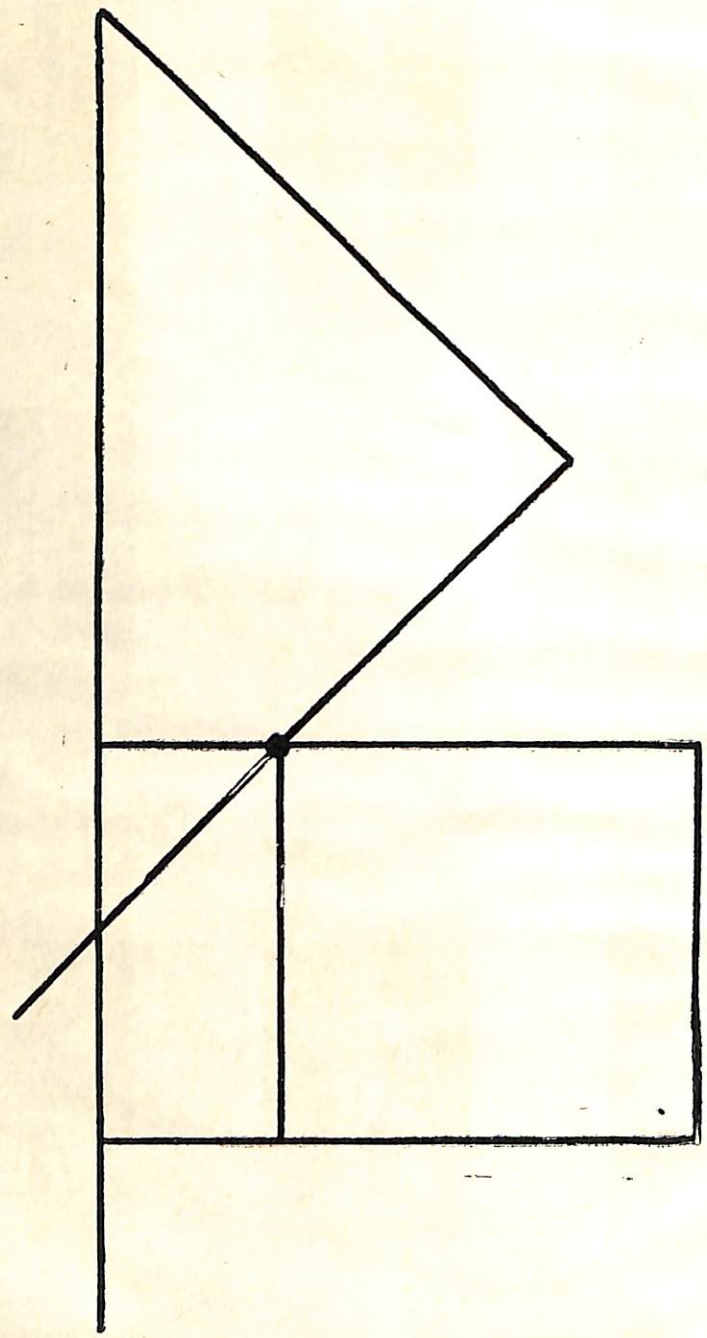


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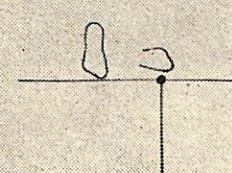
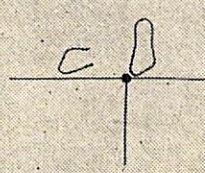
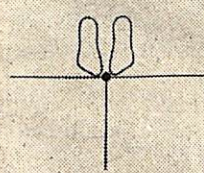
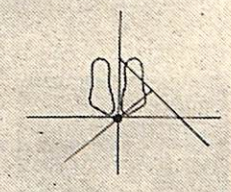
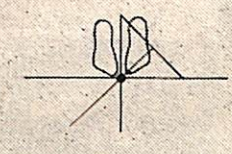
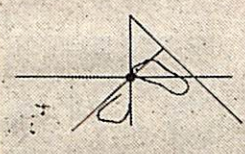


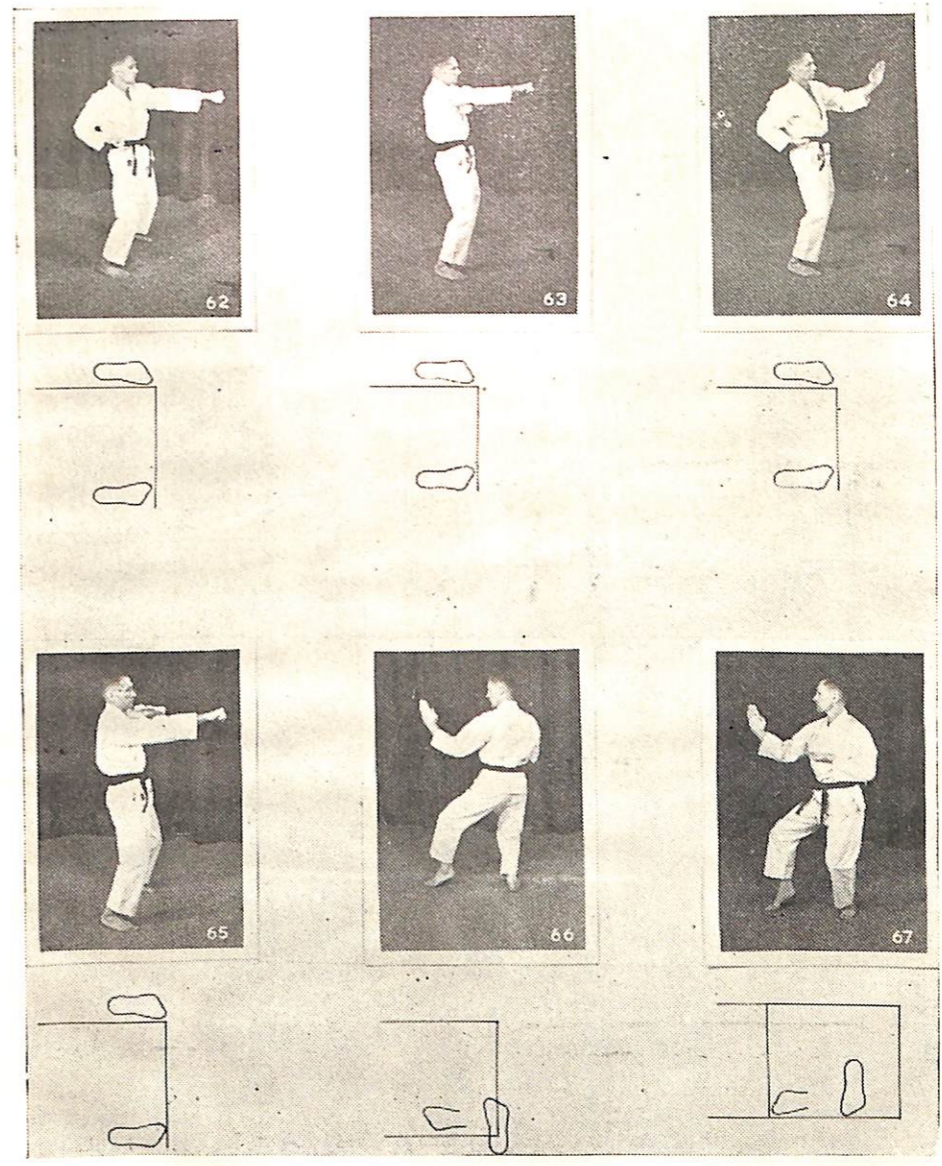
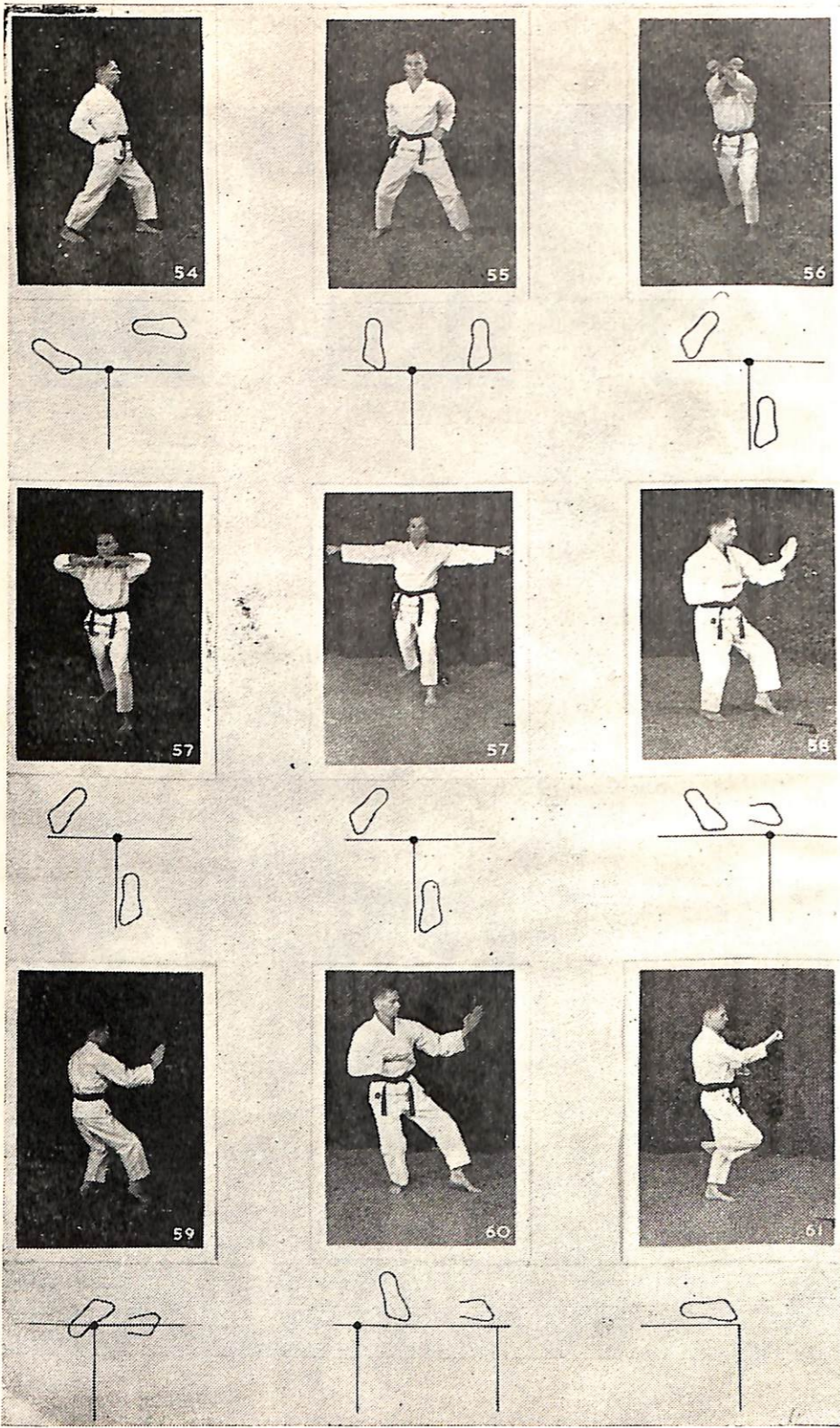
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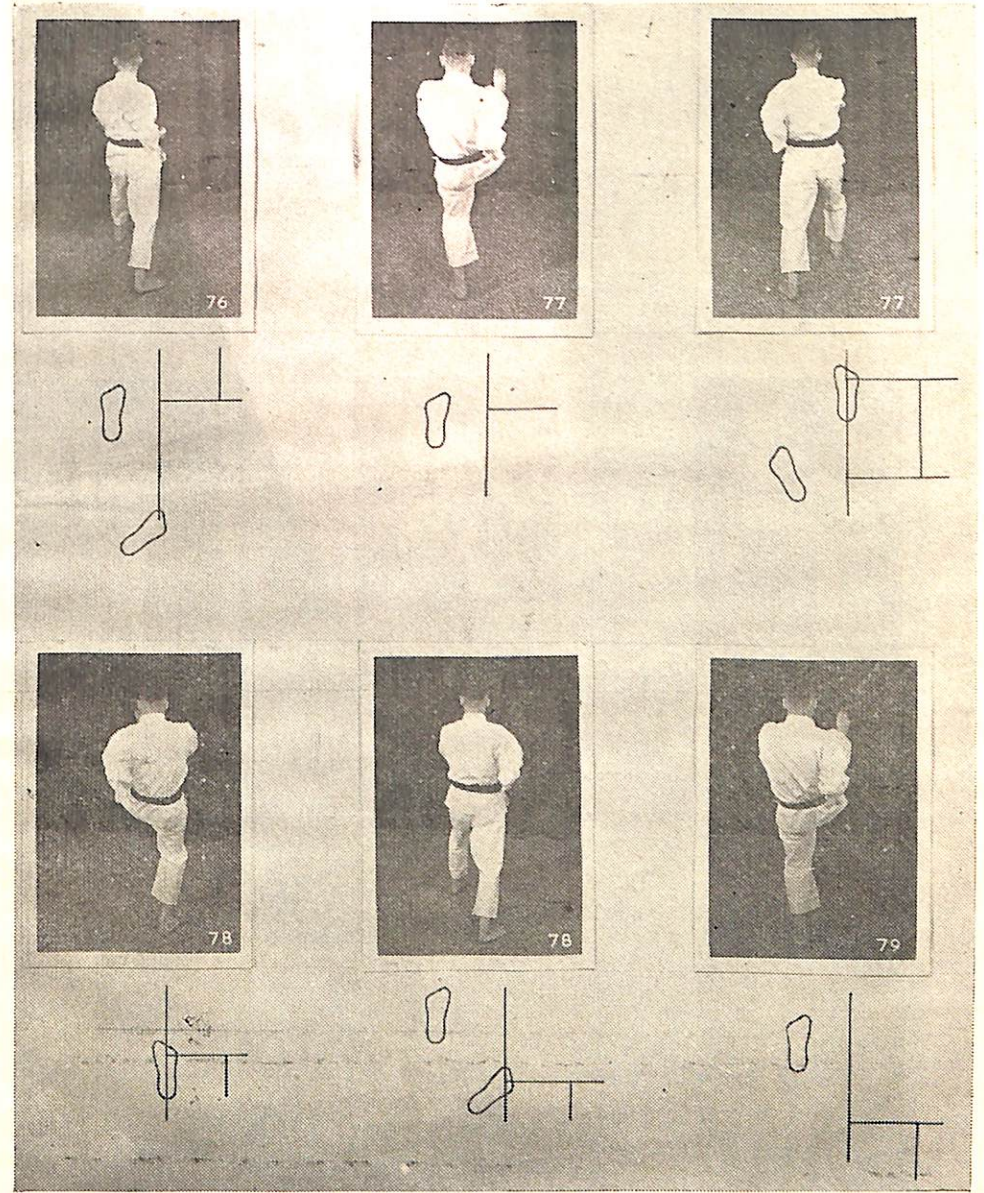
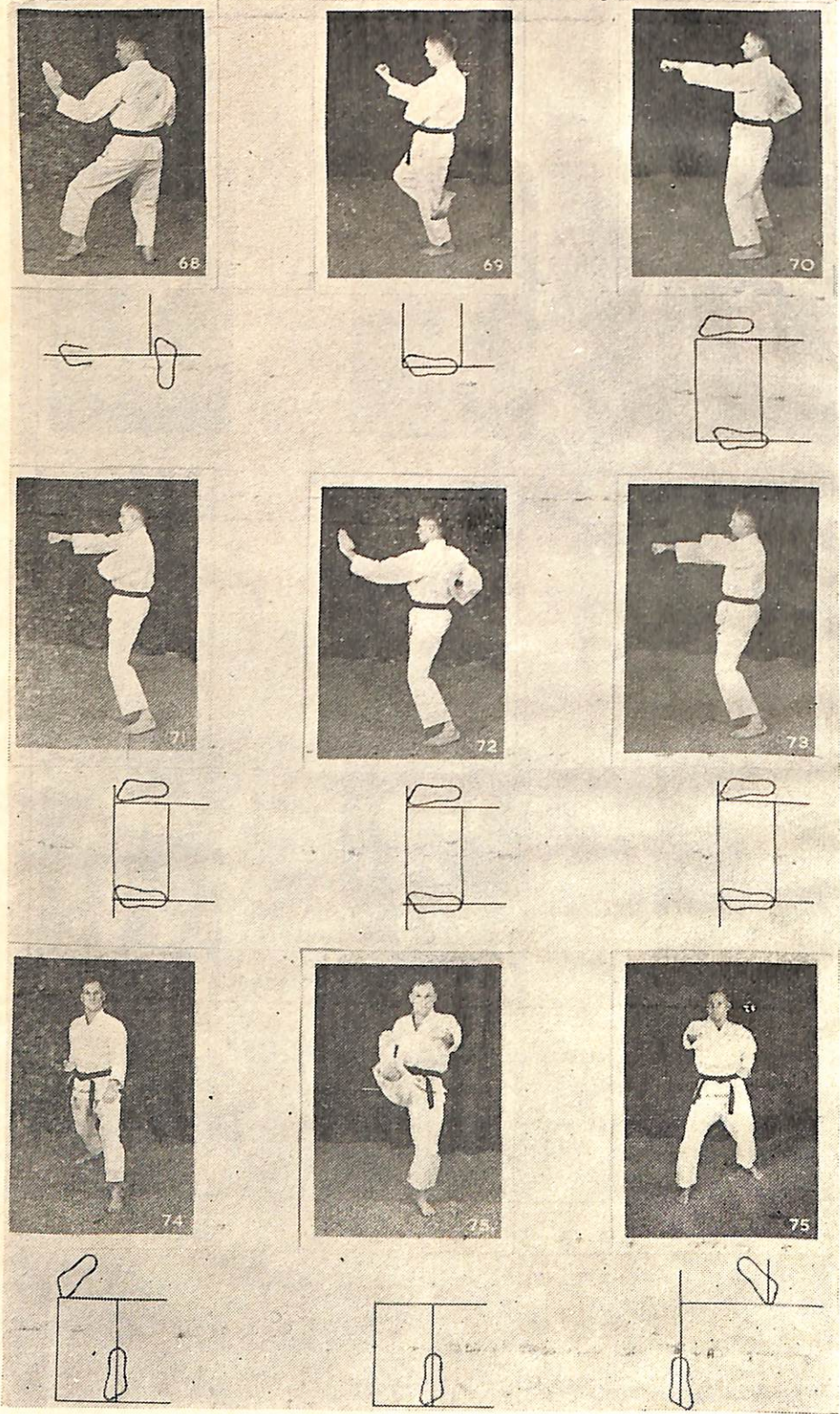


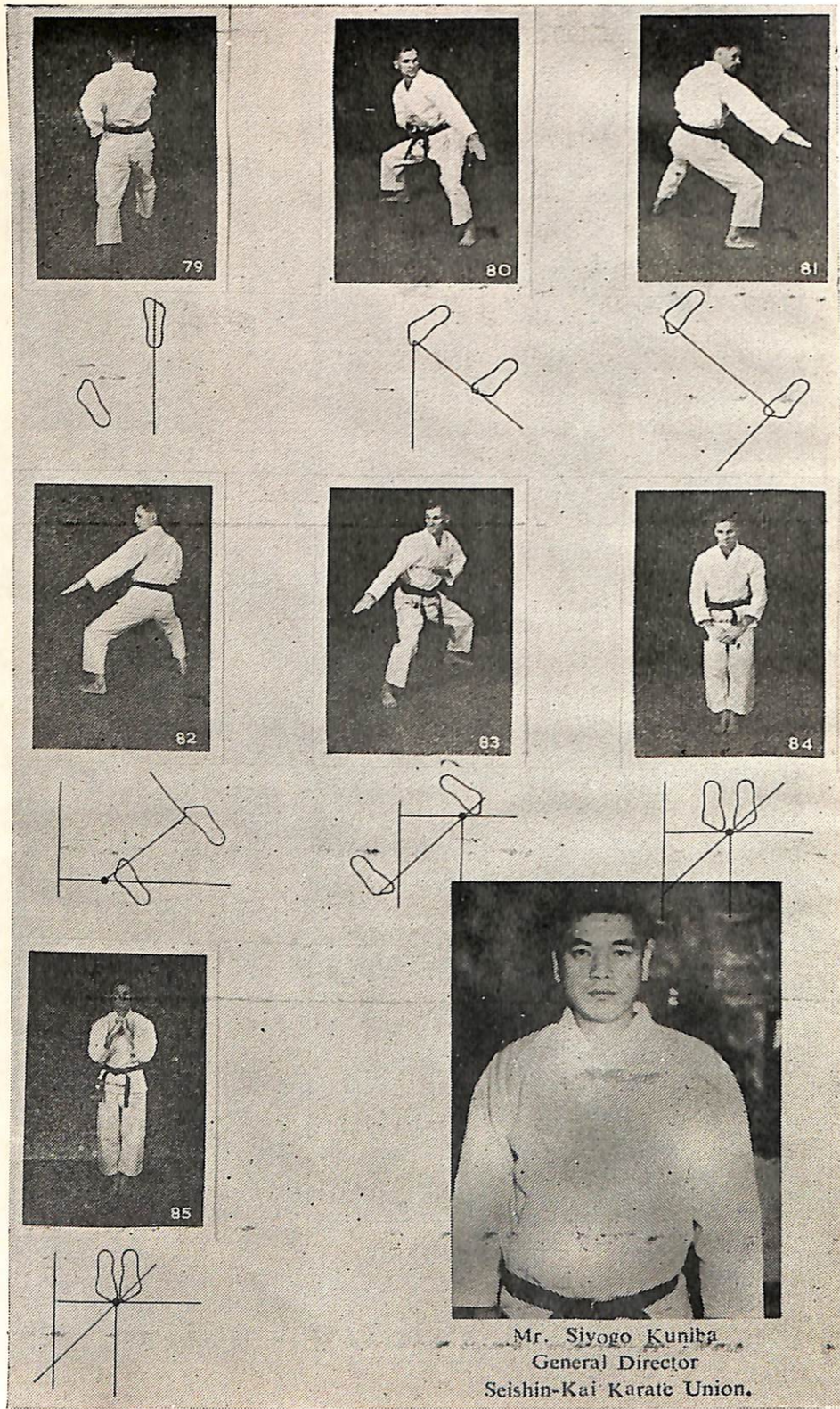


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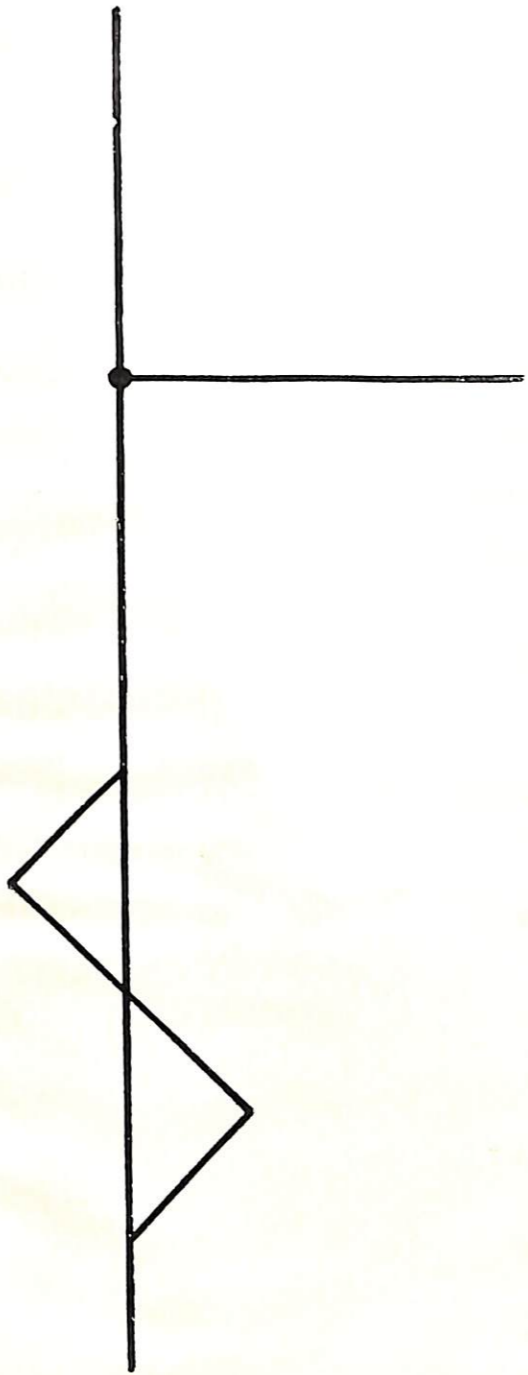




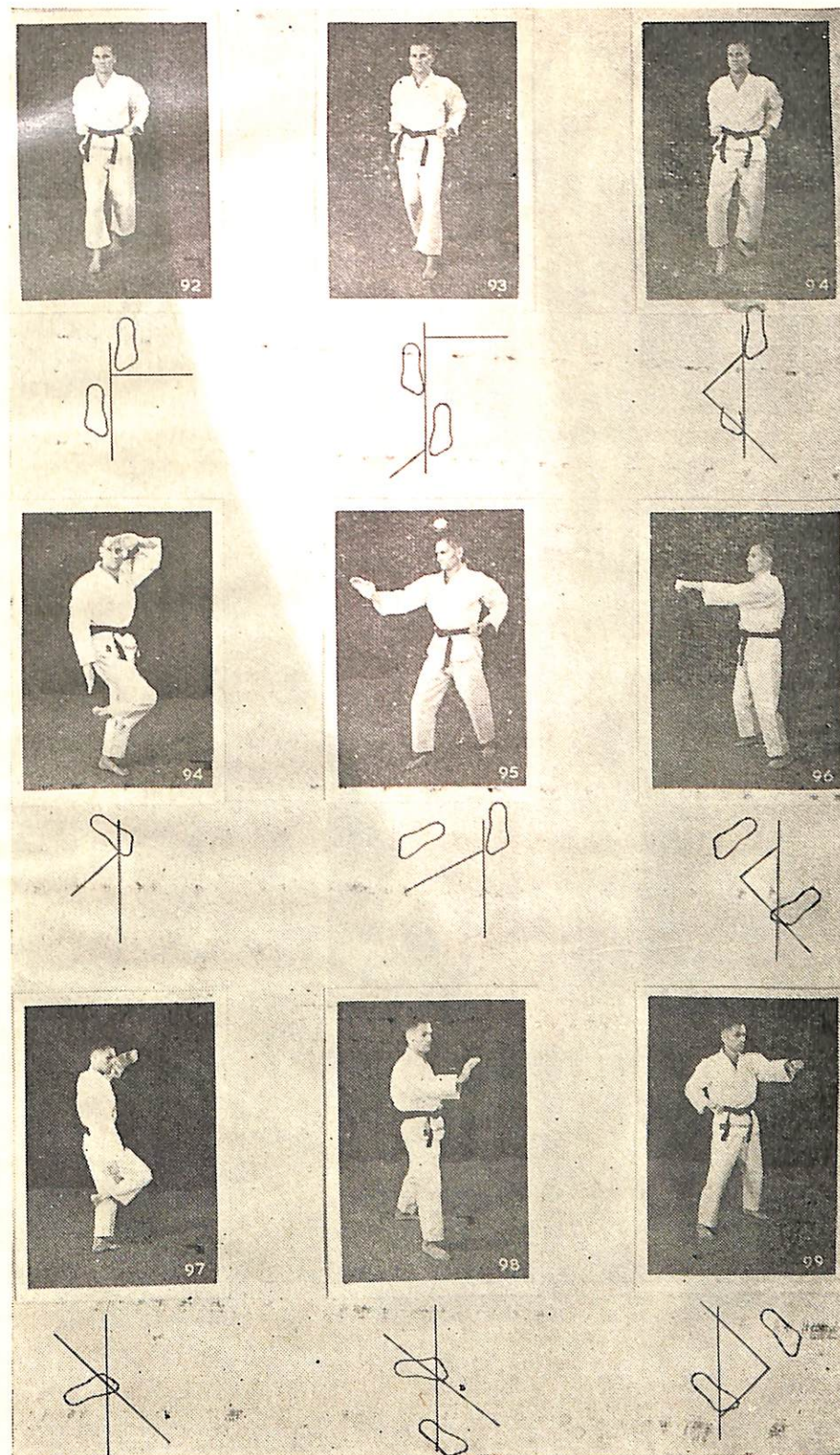
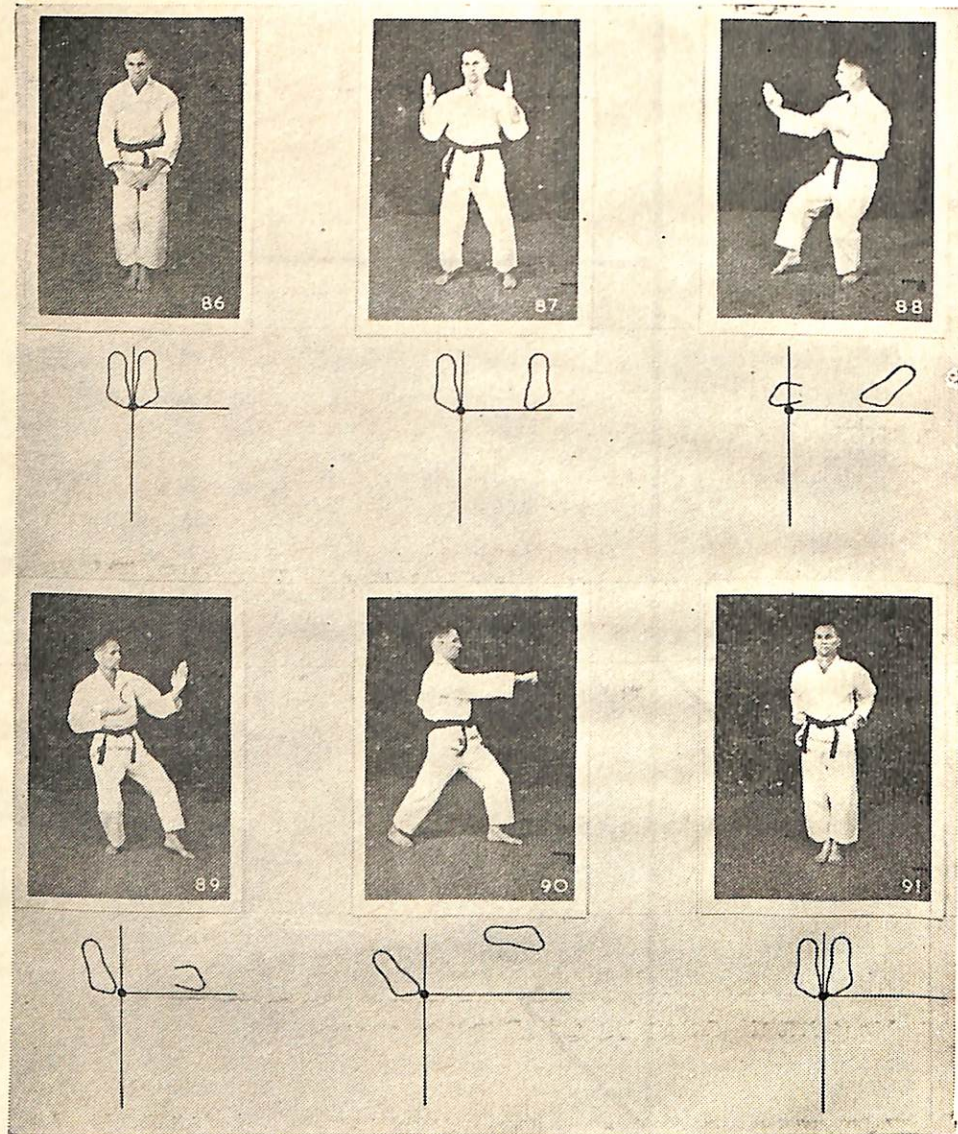


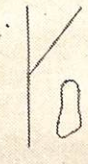
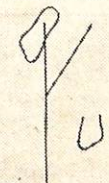
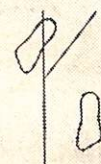
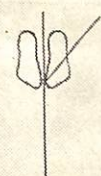
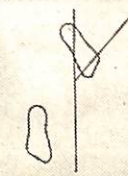
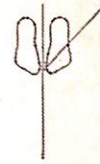
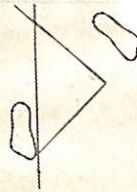
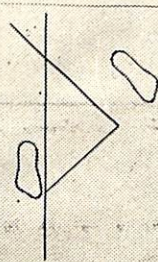
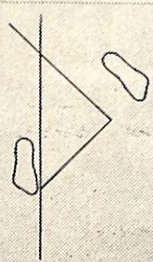
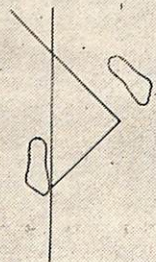
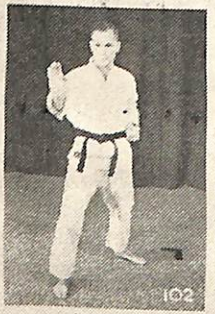
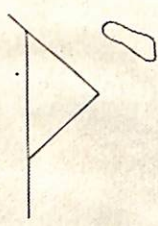
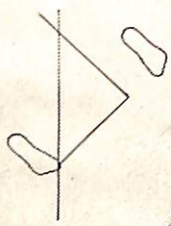
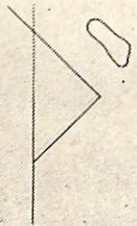


Mr. Syogo Kunita
 General Director
 Seishin-Kai Karate Union.



RO-HAI



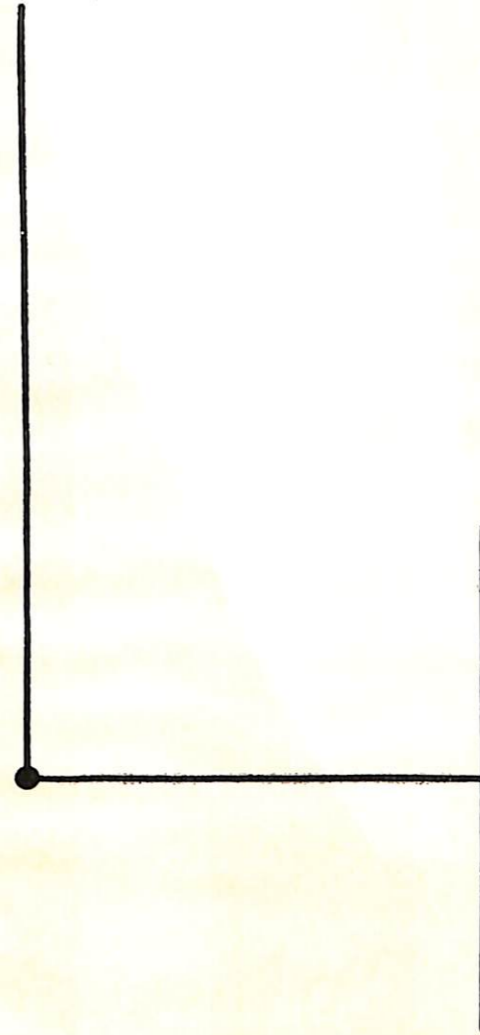
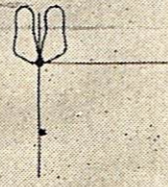
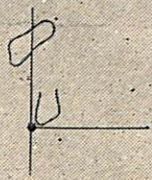
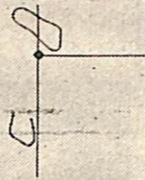




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ACTION



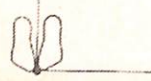
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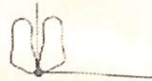
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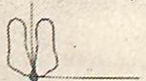
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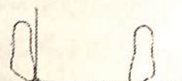
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118



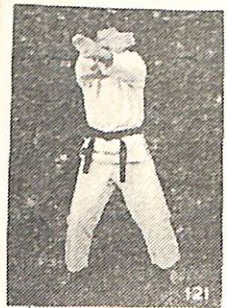
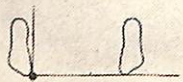
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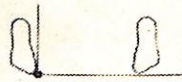
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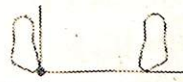
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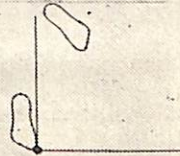
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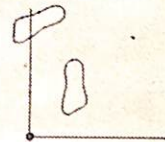
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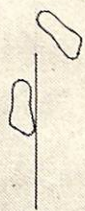
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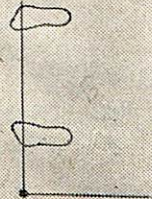
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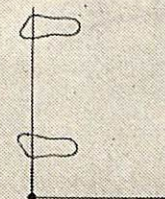
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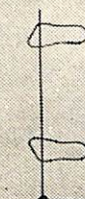
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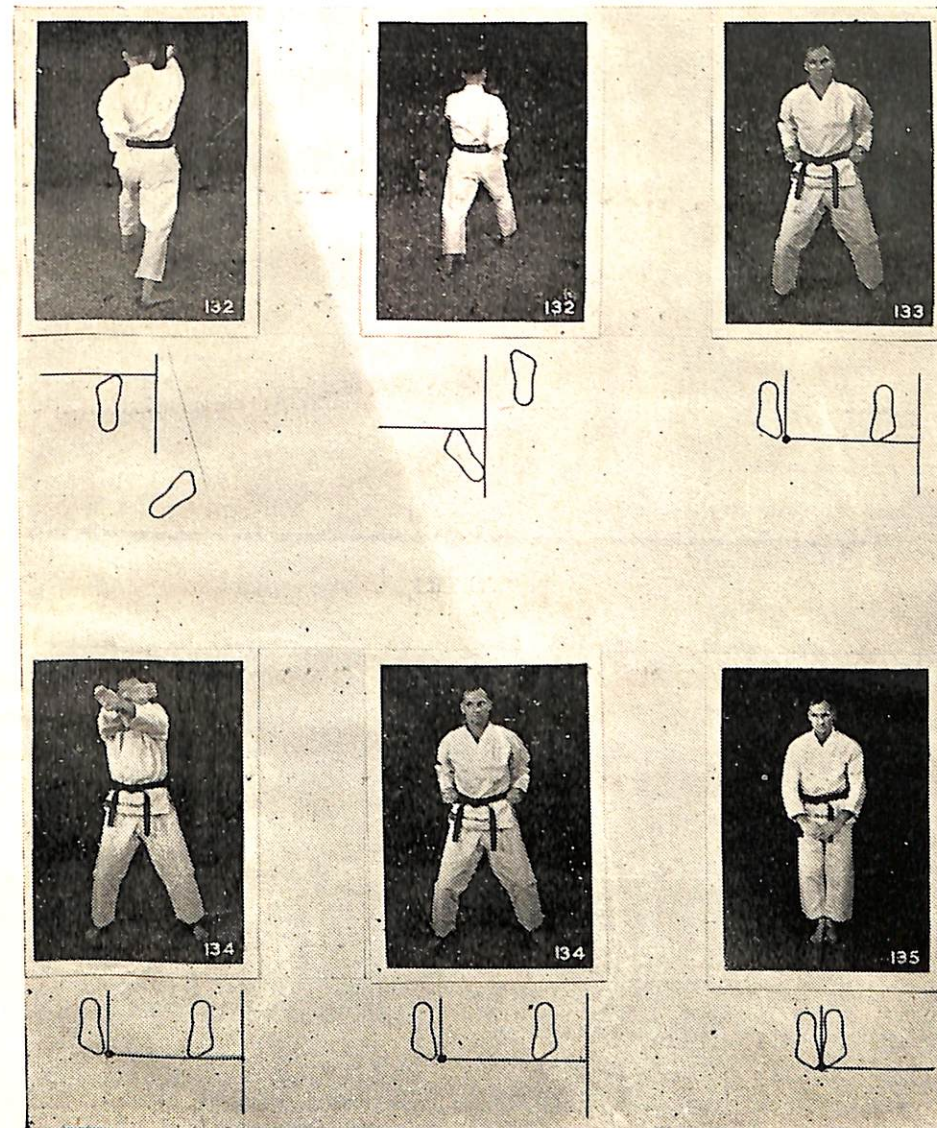
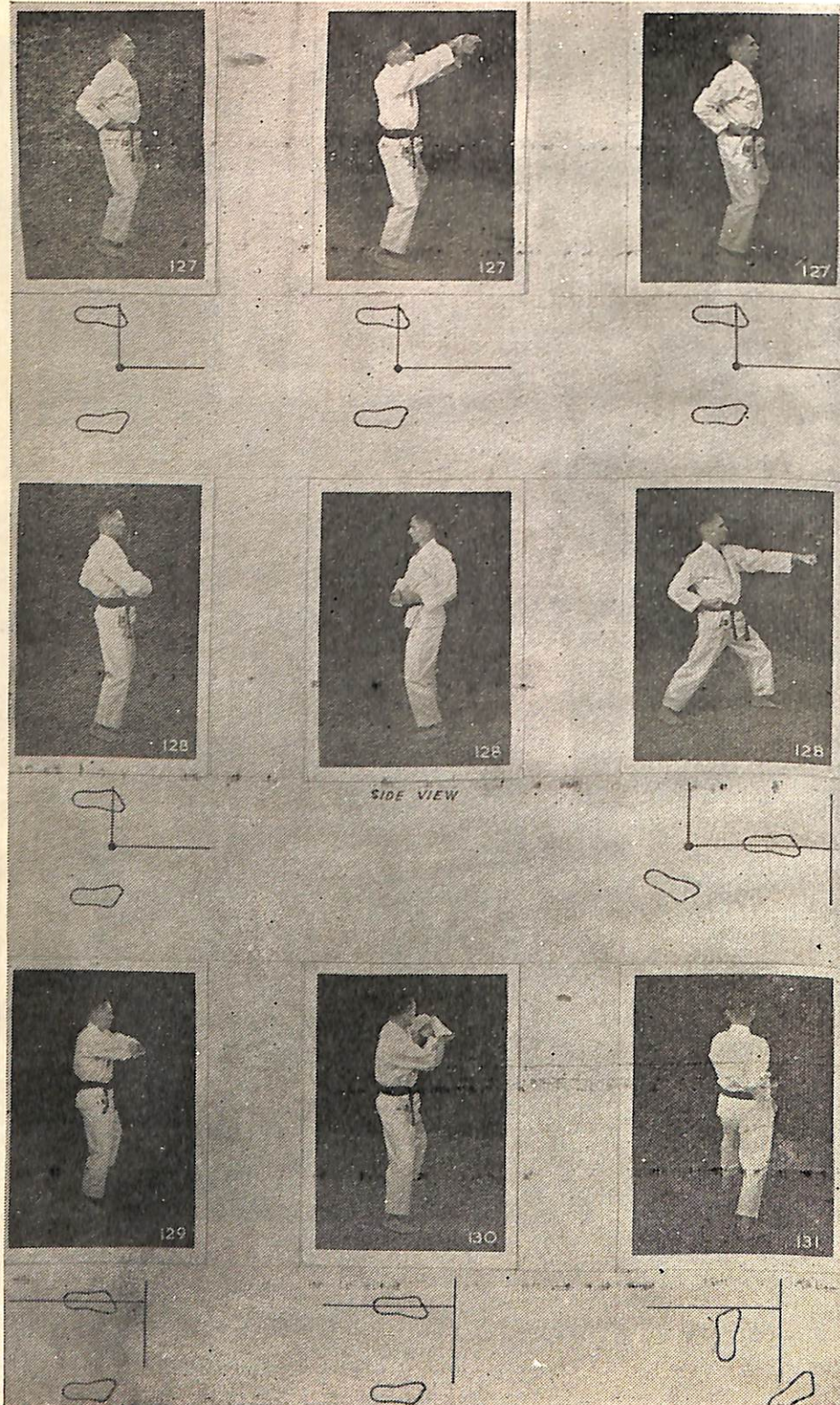


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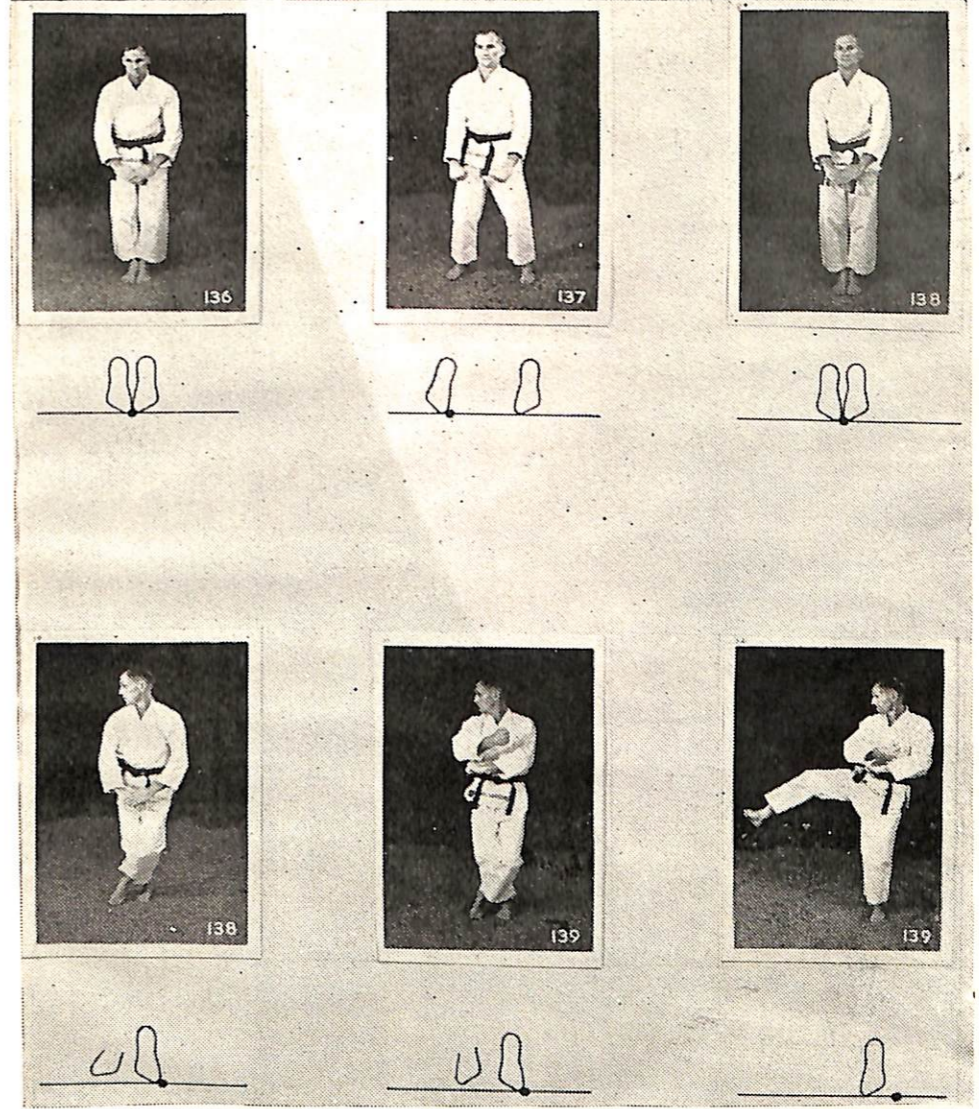


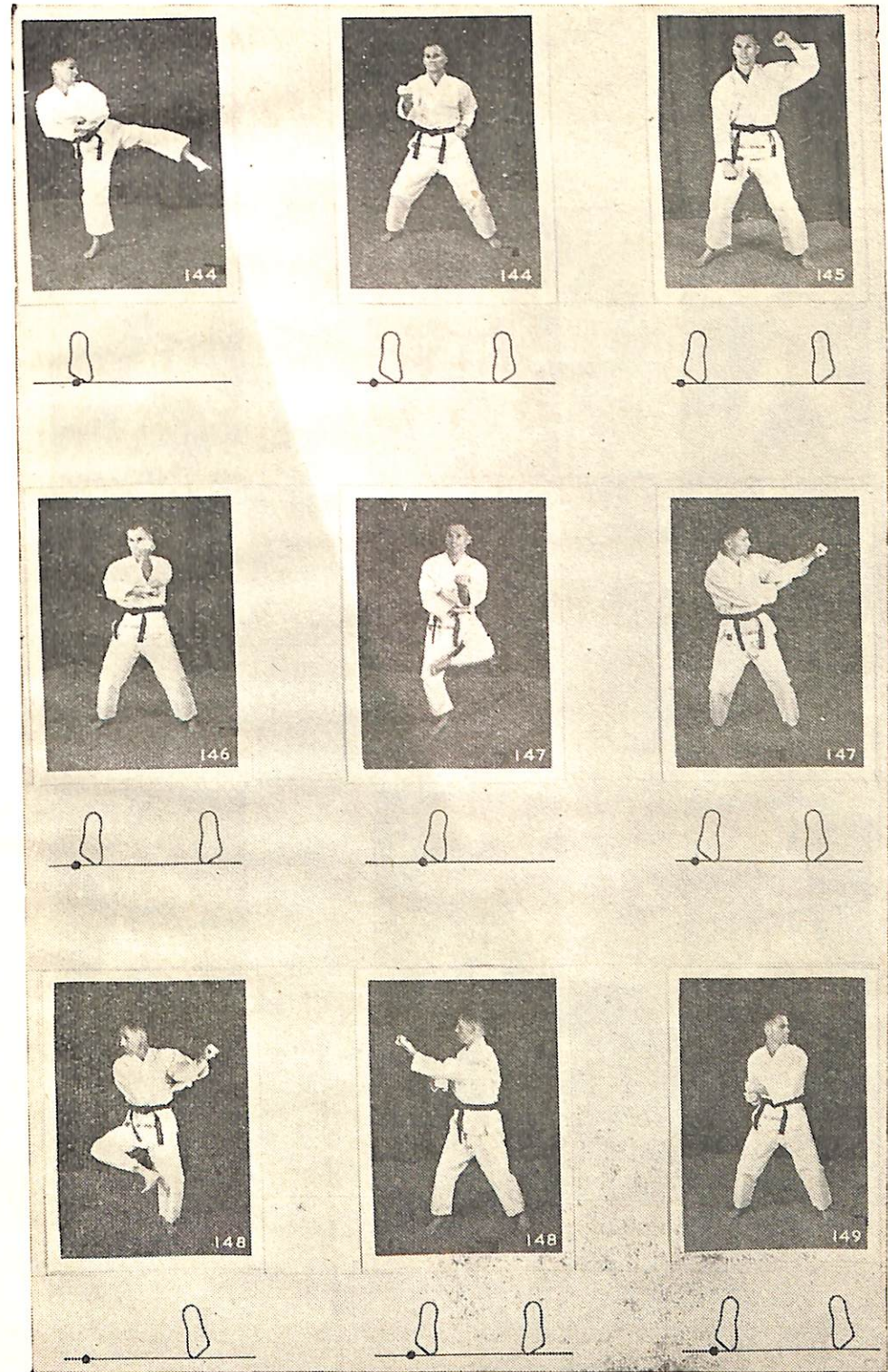
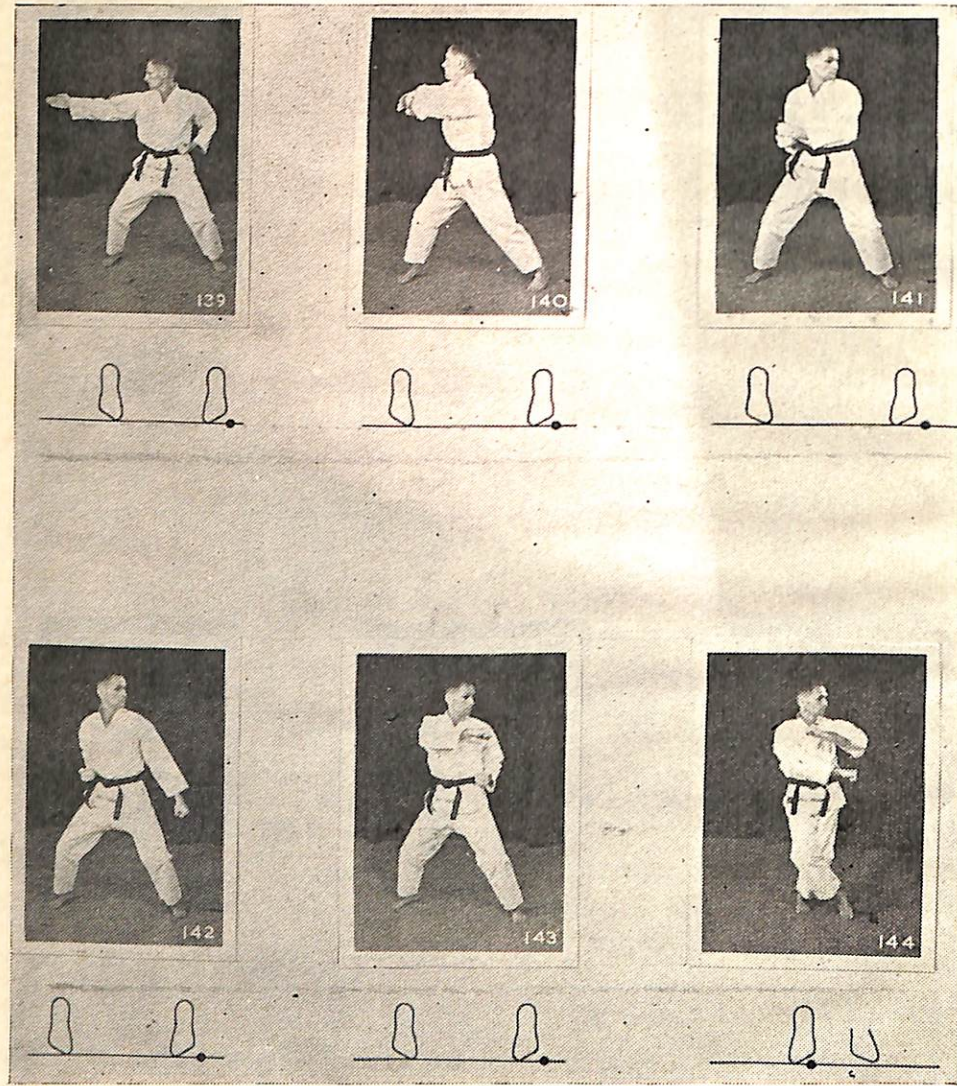
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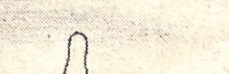
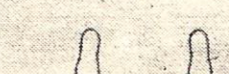
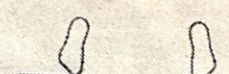
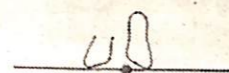
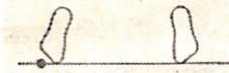
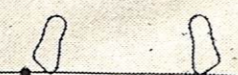
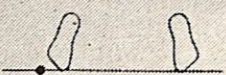
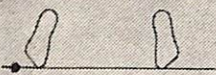
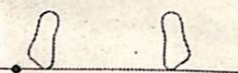
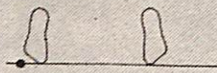


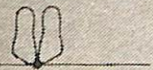
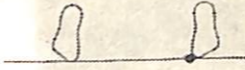


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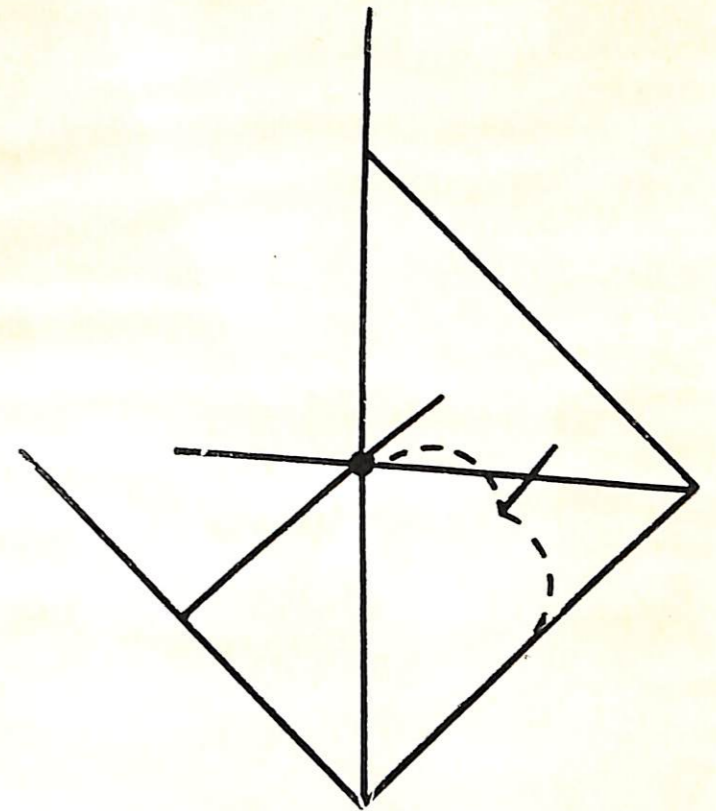




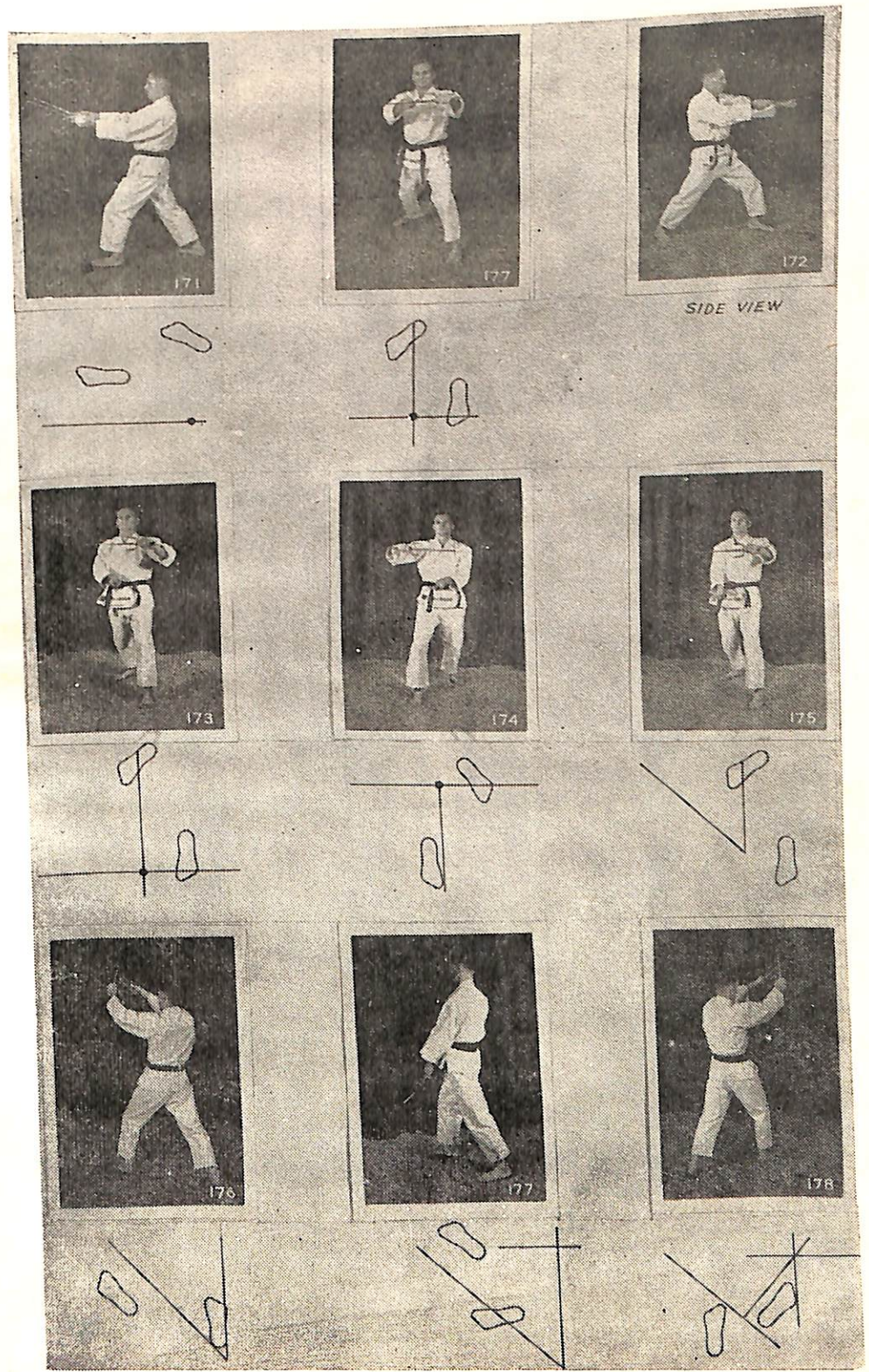
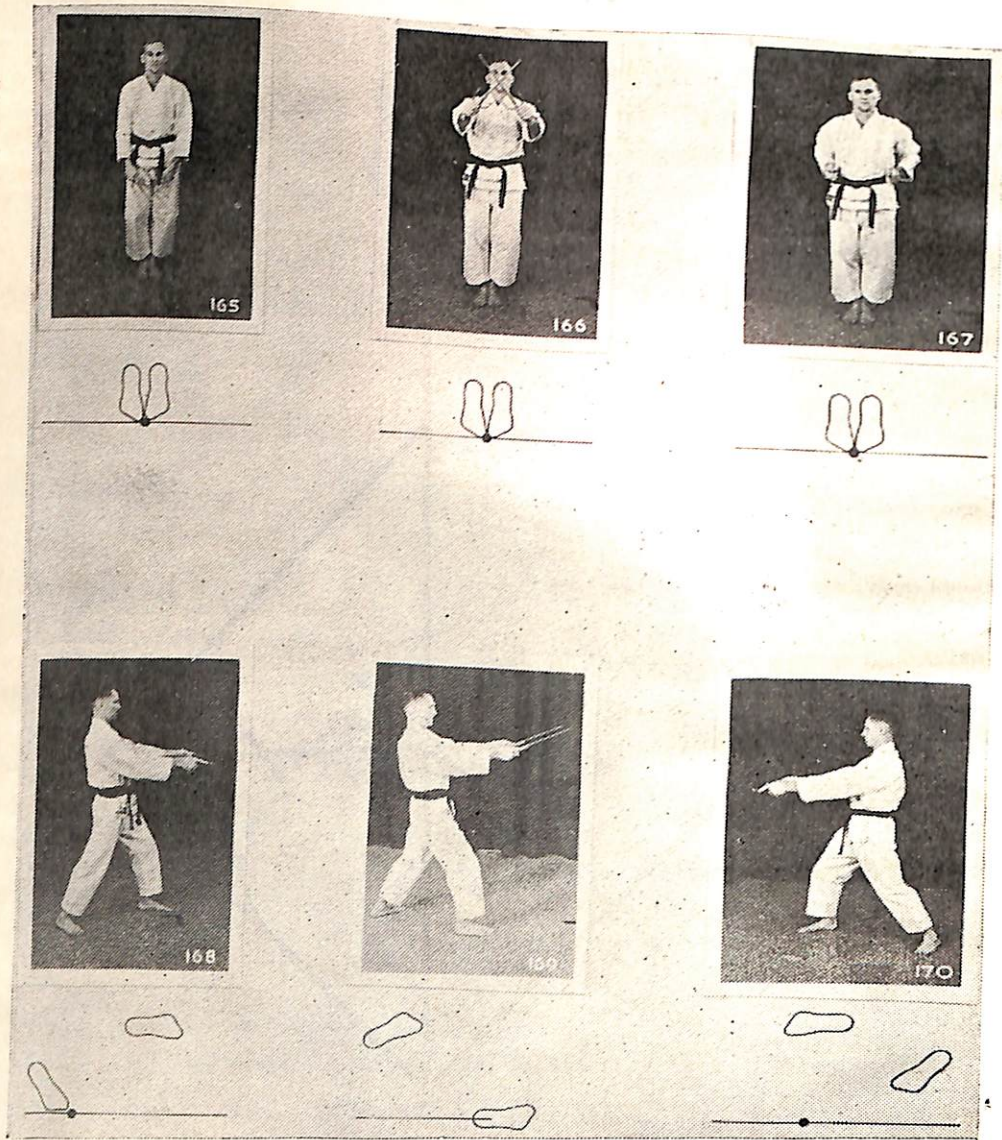


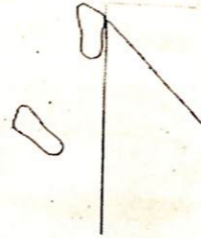
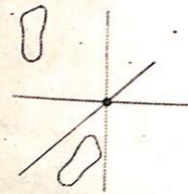
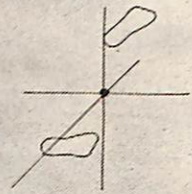


Mr. Baillargeon's Godan Certificate

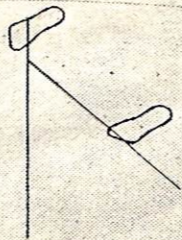
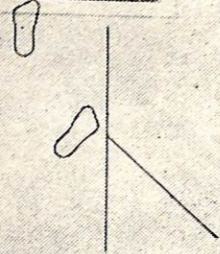


NAMAKE INAGO





SIDE VIEW



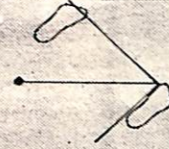
ACTION



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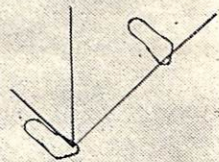
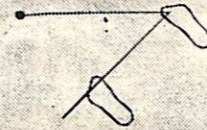


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ACTION



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ACTION

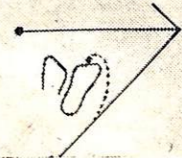


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ACTION

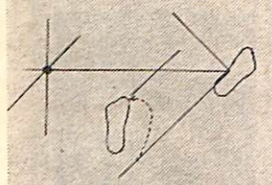


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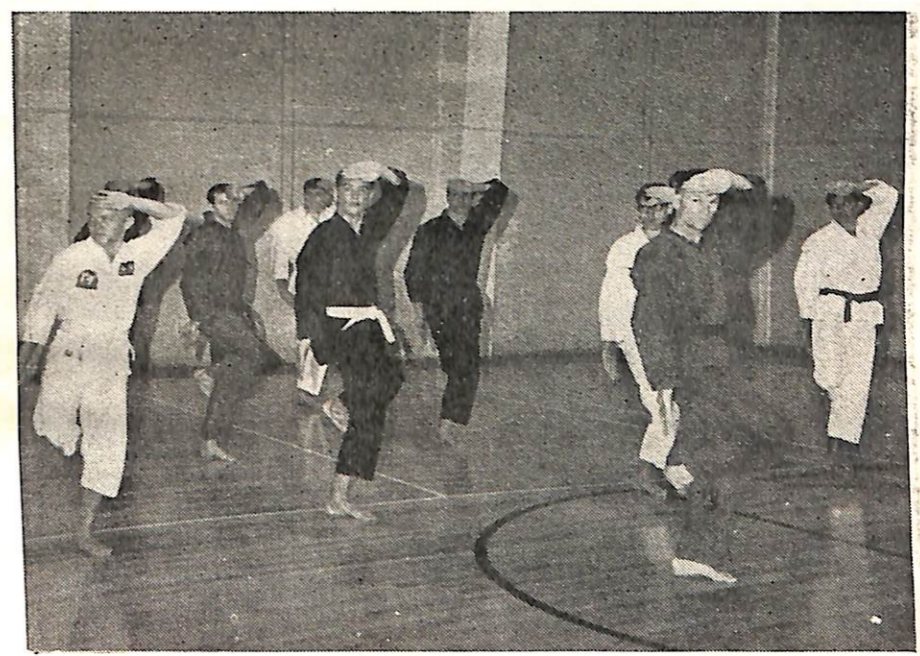
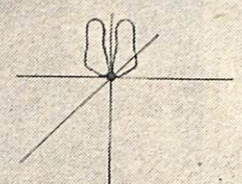
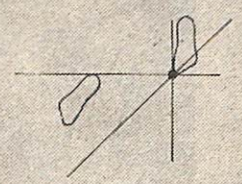




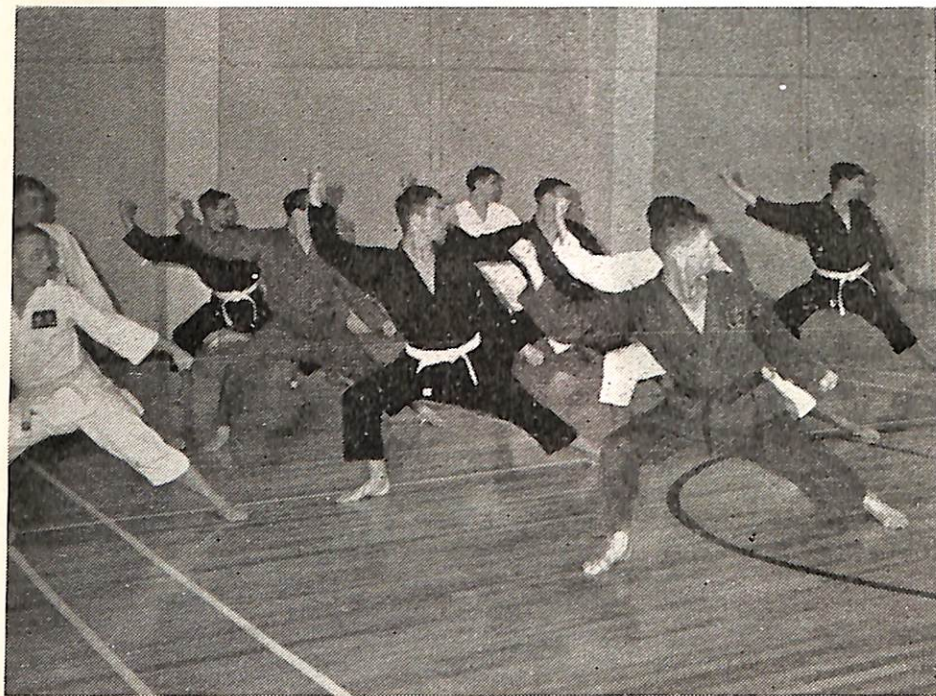
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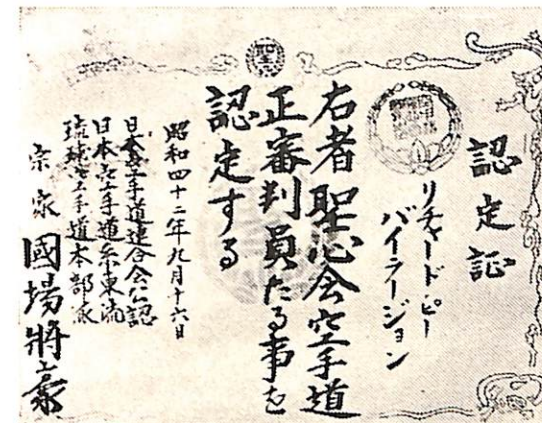
Mr. Baillargeon
Outstanding
Karate-ka
1962.



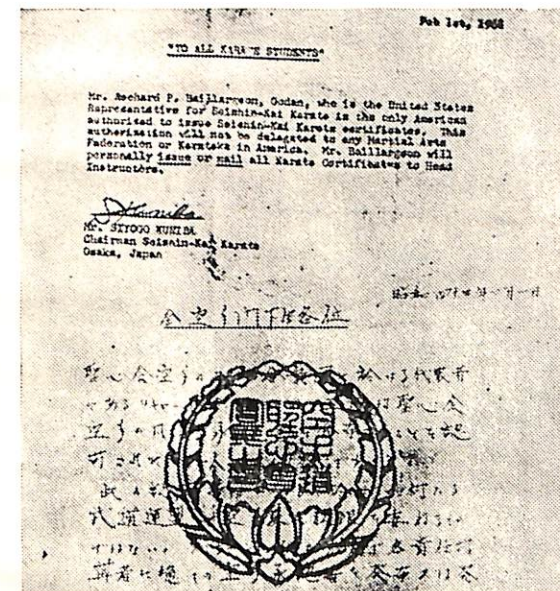
Mr. Baillargeon leading the class in "RO-HAI"



Mr. Baillargeon leading his class in "JION"



Mr. Baillargeon's Referee/Judge Certificate



Mr. Baillargeon' Authorization to Issue Karate Certificates.

