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Martial Artist Named International Book Award Finalist

Nedlands, Western Australia — 25 June, 2023 — *Breaking Through: The Secrets of Bassai Dai Kata*, authored by Colin Wee and published by Moosul Publishing of Kansas, USA has been named a Finalist in Sports in the 2023 International Book Awards.

Breaking Through summarizes the author's forty-year experience in the martial arts and chronicles the development of the JDK Method through the study of Bassai Dai, a pattern chosen for both its history and global practice in styles of Karate and Taekwondo.

Master Wee's methodology formalizes and revitalizes the study of forms — also known as patterns, *kata* in Japanese, or *tul* or *hyung* in Korean — during a time when many instructors have dubbed them irrelevant or dropped them from their curriculum entirely.

Wee's methodology requires students to study and question every aspect of a form, including each form's history, the social conditions prevalent during its creation, its intended purpose, and what its creator intended to teach by practicing it. Students not only learn the true depths of a form but also develop a host of physical skills — hard-style, soft-style, kinetic chaining, body structure, balance and disruption, to name only a few — in a fluid, ever-changing engagement which might otherwise be overlooked or studied only superficially.

The International Book Awards is one of the world's largest international book award programs for mainstream, indie and self-published titles. Over 500 winners and finalists in over 100 categories were selected from thousands of entries from around the world.

Master Colin Wee is a 7th dan black belt in Taekwondo. He was named Instructor of the Year in 2016 for AKATO (American Karate and Taekwondo Organization), which is helmed by American Taekwondo legend Grandmaster Keith Yates, and was most recently inducted into the Australasian Martial Arts Hall of Fame in 2020 for his contributions to the martial arts.

Breaking Through: The Secrets of Bassai Dai Kata is edited, designed and published by Master Mike Swope and Moosul Publishing, LLC of Mulvane, Kansas. It is available for purchase directly from the publisher at MoosulPublishing.com, Amazon.com, BN.com (Barnes & Noble) or one's favourite book store.

Full results for the 14th Annual International Book Awards can be found at:

<http://internationalbookawards.com/2023awardannouncement.html>

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