

FOR IMMEDIATE RELEASE

Karate Unity vs Breaking Through: A Live Conversation on Nov 4, 2023

Ontario, Canada – Chris Hanson, a distinguished educator, martial artist, personal karate instructor, and the founder of Karate Unity in Ontario, Canada, is set to host a live interview on November 4, 2023, at 10:30 AM AWST. The livestream will feature Colin Wee, the acclaimed martial artist and award-winning author of "Breaking Through: The Secrets of Bassai Dai Kata," based in Western Australia.

Karate Unity, known for its exploration of cross-training in various arts and combat sports to enhance Karate skills, serves as a community hub for practitioners seeking self-improvement through diversified training. Praised by Karatepraxis as a "fantastic innovative person," Chris Hanson's podcast and content provide cross-training ideas, technique videos, and insightful interviews.

"Breaking Through" is more than a book about a single kata. Colin Wee's four-decade martial arts journey identified and finessed training opportunities in traditional hard-style striking arts, leading to the creation of the innovative JDK Method. This method utilizes kata strengths to teach dynamic combat skills and concepts overlooked in modern training. The book is a case study of the JDK Method applied to Bassai Dai, a pattern trained across many Karate and Taekwondo styles.

In "Breaking Through: The Secrets of Bassai Dai Kata," Colin delves into the profound lessons of Bassai Dai, presenting twelve applications that go beyond traditional bunkai and step-sparring. The book demonstrates how to link these applications with the JDK Method, providing instructors and students with a transformative understanding of traditional training gaps.

The live interview promises to unravel the intricacies of "Breaking Through" and explore its universal applications in martial arts. To join this insightful conversation, tune in to Chris Hanson's YouTube channel, Karate Unity, at <https://www.youtube.com/karateunitycanada>.



Chris Hanson, Principal of Karate Unity is based out of Toronto, CA and has studied martial arts for over 40 years. He has black belts in several systems and has cross-trained in numerous arts. He teaches private lessons to small groups and also local and international seminars. He is also a blogger and podcaster.

For media inquiries or further information, please contact: Colin Wee author@breakingthrough.world.