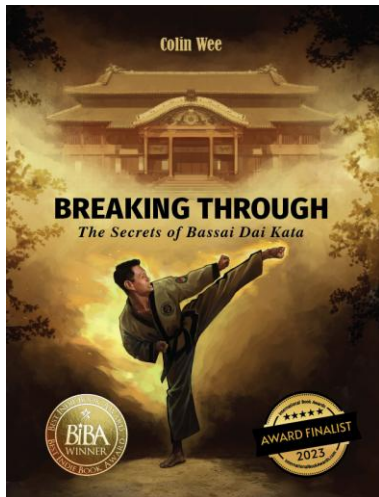


Breaking Through: The Secrets of Bassai Dai Kata

By Colin Wee



“The secrets of traditional martial arts unlocked for the modern martial artist.”

Breaking Through: The Secrets of Bassai Dai Kata is a sports literature standout—an incisive, non-fiction work that decodes one of karate’s most iconic forms. Written by Colin Wee, a 7th dan black belt and internationally recognized seminar leader, this book offers athletes, instructors, and martial arts enthusiasts a transformative lens on kata, strategy, and personal growth.

Book Synopsis

Dive into the heart of a living, breathing, traditional martial art with Master Colin Wee’s award-winning book *Breaking Through: The Secrets of Bassai Dai Kata*. Colin’s exploration of the Bassai Dai Kata transcends the boundaries of hard style training, illuminating dynamic practical applications, and timeless training wisdom.

What sets this book apart is the fusion of both hard-style efficiency and soft-style fluidity. A comprehensive look at twelve combative applications with over 200 vibrant photographs explores this training methodology, revealing traps, striking angles, takedowns, and nuanced combative principles often overlooked in modern martial arts training.

Winner of the 2023 Best Indie Book Award (Non-Fiction Martial Arts) and Finalist in the 2023 International Book Awards (Sports).

Key Features

- 12 combative applications with 200+ photographs
- Blends hard and soft style martial arts philosophies
- Practical coaching insights for modern martial artists
- Award-winning recognition: BIBA Winner 2023, IBA Finalist 2023

Target Audience

- Martial artists seeking deeper application of kata
- Instructors looking to enrich their teaching methods
- Practitioners interested in the intersection of traditional and modern combatives
- Readers curious about martial philosophy and cultural legacy

About the Author

Colin Wee is a 7th dan black belt, martial arts educator, and award-winning author with over four decades of experience. As Chief Instructor of Joong Do Kwan in Perth, Australia, Colin has taught internationally and led seminars across styles and disciplines. He was inducted into the Australasian Martial Arts Hall of Fame in 2020 for his contributions to martial arts pedagogy and community leadership. His debut book, *Breaking Through: The Secrets of Bassai Dai Kata*, launched at the American Karate and Taekwondo Organization Annual Seminar in Dallas, Texas, and has earned international recognition for its depth, clarity, and cross-disciplinary insight.

Testimonials

"In a world where so many rush to criticize and divide, Master Wee stands tall as a leader who seeks to celebrate and connect." – Sensei Ando Mierzwa, Happy Life Martial Arts, senseiando.com

"...Wee offers strategic principles, illustrated through "applications" from Bassai Dai kata. *Breaking Through's* real contribution to martial arts literature is not that it offers applications from Bassai Dai kata but that it instead inspires the reader to be more cognitive about their own martial arts practice and inspires every practitioner to be more experimental with their own martial arts tradition." – Dr. Sanko Lewis, Martial Arts Researcher, South Korea, sankolewis.com.

Publication Details

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Order from: Amazon | Goodreads | Your local bookstore

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