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John Titchen is the author of Pinan Flow System published 2014), Heian Flow System (2.00 avg rating, 1 rating, 0 register; John Titchen s Followers.

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Mar 30, 2015 This Seventy Second Seminar illustrates one of my applications for the end movements of Pinan / Heian Sandan taken from Volume Two of the Pinan Flow System

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ed il primo dei cinque kata "Heian" (i cui ideogrammi stanno a significare "Pace e tranquillit ")  
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Heian Flow system is an invaluable resource for any Karateka, looking to find usable techniques for the Pinan/Heian series, that actually resemble the solo kata.

### **Heian shodan | online references |**

References for "Heian shodan" online, plus: Kata: Heian Yondan. (Pinan Flow System: karate kata application for beginner to black John Titchen,

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### **John titchen (author of pinan flow system) -**

John Titchen is the author of Pinan Flow System (2.50 avg rating, 2 ratings, 0 reviews, published 2014), Heian Flow System (2.00 avg rating, 1 rating, 0

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