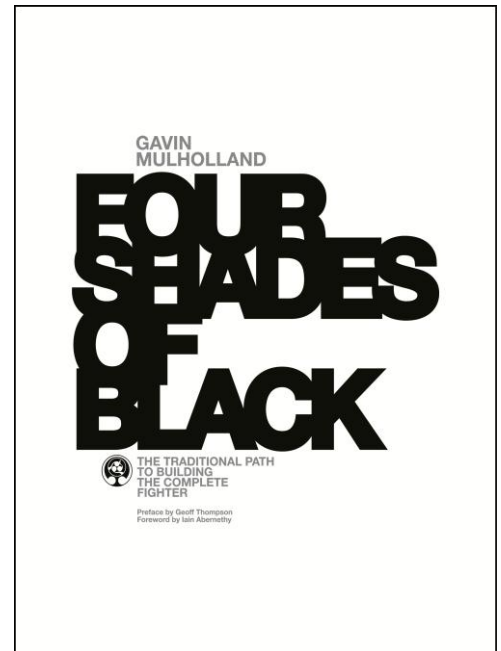


# Four Shades of Black

The Traditional Path to Building the  
Complete Fighter

**Gavin Mulholland**

Preface by Geoff Thompson  
Foreword by Iain Abernethy



'The secrets of karate are contained in the kata,' said the masters of old. What did they mean? Today kata is often treated as a collection of unrelated techniques, a performance art, or an enjoyable way to improve health and fitness. Yet the masters were clearly implying a complete and devastating martial system was contained in the kata. There must be more to kata than the martial-dance that they have become. There is.

While many people understand the purpose of individual kata, this book demonstrates how the various kata work together to create a logical fight progression from stand-up striking to close-quarter grappling and groundfighting. **Four Shades of Black** decodes the kata in a radically different way, revealing how the traditional arts set out to develop a complete and rounded fighter.

If you think you know karate, think again.

**'Both valuable and long overdue'** Geoff Thompson

**'Excellent book. There can be few people more qualified  
to write a book such as this'** Iain Abernethy

## About the author

**Gavin Mulholland**, 5th Dan Okinawan Goju Ryu, Chief Instructor Daigaku Karate Kai London, has spent over thirty years in the martial arts. Having been an instructor for one of the UK's leading close protection companies, spent 15 years 'on the door', and lectured in psychology for two London universities, he has a unique perspective on combat and conflict resolution and the role of the traditional martial arts in dealing with them. Gavin has successfully trained 'traditional karate' students to fight in the cage and was inaugurated into the Combat Hall of Fame in 2002.

## Notes to Editors – to request a review copy please contact Dean Chant

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Press and Media Enquiries: Dean Chant: [dean@summersdale.com](mailto:dean@summersdale.com)

46 West Street, Chichester PO19 1RP

Tel: 01243 771 107 Fax: 01243 786300 [www.summersdale.com](http://www.summersdale.com)