

## Advanced Shotokan Karate Kata Volume 1

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Empi

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~~—Fast \u0026 Slow | Shotokan Karate Kata~~ SHOTOKAN KARATE HEIAN NIDAN  
Kata Bunkai Application (Advanced Karate Techniques) #14 JKA ALL KATA OF  
KARATE VOL.1 ESPAÑOL Ji'in — Slow \u0026 fast | Shotokan Karate Kata | by  
Fiore Tartaglia 6th Dan Karate katas 1,2,3,4,5,6,7,8,

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Final Female Kata. Rika Usami of Japan. 宇佐美 里香。空手 7 Year Old Girl Karate  
Master | Incredible Kankudai Demo | Poke My Heart Final Male Team Kata SPAIN.  
2014 World Karate Championships Karate Exercises/Junbi Undo Karate Female  
Team Kata Bronze Medal - Serbia vs Italy - WKF World Championships Belgrade  
2010 (1/2) Okinawan karate master. Kata.

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shotokan 8 basic techniques ~~Bassai dai (Shito ryu \u0026 Shotokan Version)~~  
Shotokan Karate Follow Along Class - 9th Kyu White Belt - Class #1 Heian Yondan –  
Slow \u0026 Fast (Shotokan Karate Kata) ~~Meikyo — Fast \u0026 Slow | Shotokan  
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demonstrates the Shotokan Karate katas Unsu and Chinte. The DVD uses menus and chapter to allow you to jump directly to the section you want to practice. These very advanced kata are presented in careful detail, with each technique broken-down and shown in close-up from several angles. The in-depth breakdown includes ...

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The repertoire of Shotokan Karate contains 26 Kata in all. The Master Kata described in this book belong to the advanced part of the repertoire and carry on from the 17 basic and advanced Kata introduced in Volume 1. This completes the list of all the Shotokan Karate Kata.

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