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The Advanced Part Of The Repertoire And Carry On From The 17 Basic And Advanced Kata Introduced In Volume 1. This Then Completes The List Of All The Shotokan Karate Kata. There Are Apr 18th, 2024 Complete Shotokan Karate Pdf No Matter Where You Are In The World, Our Karate DOJO Lessons Can Teach You The Art Of Karate - And It's Perfect For Absolute Beginners. New Tutorials Added Weekly! Online Certification, With Certificates Sent Via! The Book Of Licenses In Hardback And Access To The Internal Circle Is Available! Access To Yours. Your. Personal Sensei (teacher). May 7th, 2024 Shotokan Karate-Do Student Manual Forced The People To Fight With Their Bare Hands. Some Karate Techniques Are Difficult To Explain Today Since They Were Originally Used Against Weapons. Over A Period Of Some 300 Years Different Forms Of Tang Te Evolved In Various Areas Of The Island. In 1902 The Okinawan Government Introduced Feb 2th, 2024.

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Jka Shotokan Karate Kata Series Vol 5 Kanku Dai Tsunami Nexos 3rd, Sharp Xg  
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Ready Stances: X X ... Jun 14th, 2024 Shotokan Karate Kata -  
Thepopculturecompany.com The Execution Of The Three-minute Kata, Which Comes  
From The Four Main Styles Of Karate--Goju-Ryu, Shito-Ryu, Shotokan-Ryu And Wado-  
Ryu--is Scored Based On Speed, Rhythm, Balance, Sharpness And OLYMPICS/  
'Queens Of Kata' Kicks Off Games Debut, Sanchez Wins Gold Mar 4th, 2024.

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Napa Woman Leads Local Karate Academy A Highly Dynamic And Physical Art, The Japanes Mar 5th, 2024.

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