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Advanced Shotokan Karate Kata
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has a good understanding of the
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These very advanced kata are
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technique broken-down and shown

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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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A Kata is fighting, self-defence,
precision and dynamic force all in
one. It represents a fascinating

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Kata Volume 4

multitude of logical, sequential techniques, with which the Karateka can demonstrate what he can do regarding his body control, powers of persuasion, perfection and fighting spirit. The repertoire of Shotokan Karate contains 26 Kata in all. The Master Kata described in this work belong to 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 9 Kata with Bunkai in this book: Sochin, Meikyo, Chinte, KankuSho, Wankan, Ji'in, Jitte, Gankaku, Unsu. There are approximately 600 photographs and detailed descriptions, which allow a deeper understanding of the Kata and their application. Armed with this information, it should be easy now for

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the Karateka to be able to improve himself in his routine training, grading tests and competition.

Voici la réédition tant attendu du livre Karate-do kata, 18 katas supérieurs, épuisé depuis de nombreux mois. Ce livre est plus particulièrement destiné aux pratiquants gradés de l' école Shôtôkan de karaté (80 % des pratiquants français). C' est une oeuvre synthétique qui prend le parti de ne pas expliquer les techniques, mais d' offrir de multiples outils pour une meilleure compréhension de la forme: vues prises selon plusieurs angles, schéma complet des évolutions et film de chaque kata sur une double page, applications avec partenaire... Vingt katas supérieurs traditionnels du karaté Shôtôkan sont présentés dont la forme originelle du

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Kata « Wankan » a été reconstitué. À cela s'ajoutent deux autres katas inédits, créés par maître Kase, « Heian Oyo » et « Tekki Oyo » qui ont également été reconstitués et figurent ici pour la première fois en exclusivité. Cet ouvrage aborde également quelques spécificités de l'enseignement et de l'école de maître Kase sous forme de « points clés » et des « caractéristiques de l'école Kase-Ha ». Ce livre complète le premier ouvrage de l'auteur qui développe les katas fondamentaux du Shotokan-ryu.

In the practice of karate, throughout the world and all levels, there is one sure constant - the Kata. These formal sequences of karate techniques form the basis of all proper practice, and their range in degree of difficulty

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Kata Volume 1 means that they can be taught throughout a student's career. This new edition, which first appeared as two separate volumes, covers the first thirteen Shotokan Kata: Heian Shodan, Heian Nidan, Heian Sandan, Heian Yondan, Heian Godan, Tekki Shodan, Bassai-Dai, Empi, Sochin, Jion, Hangetsu and Nijushiho. Fully illustrated with photographs of each move, the accompanying text explains each sequence fully and clearly with a thorough investigation of the Kata's 'bunkai' or application. The authors concentrate not only on physical conditioning, but also on the correct mental and spiritual attitude. Complete with an exploration of the historical background and development of the Kata, this book will prove indispensable to all students of karate.

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Shotokan Karate-Do reference for
Heian Shodan.

â€ ~ Bunkai-Jutsuâ€™™ is the analysis of the karate katas and their application in real combat. It is also the title of this pioneering book by Iain Abernethy. The fighting applications of the karate katas (forms) is one of the most fascinating â€ “ and sadly misunderstood â€ “ aspects of karate practice. Bunkai-Jutsu provides the reader with the information they need to unlock the â€ ~ secretsâ€™™ of kata and to begin practising karate as the complete and realistic combat art that it was intended to be! This groundbreaking and often controversial book provides a detailed analysis of the combative

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Kata Volume 4
concepts and principles upon which the katas are based. 'Bunkai-Jutsu' is essential reading for all those who want to understand the real meaning of kata.

The first of two books, it contains the complete syllabus required to take the student from absolute beginner to Green belt. Each section is clearly divided into separate levels for each kyu grade, incorporating all the appropriate techniques, sparring and kata.

The Kata are the backbone of Karate. Continually practising them allows the whole spectrum of possibilities contained in Karate to be revealed. The Kata consist of a fascinating multitude of techniques that permit defence in close contact as well as at

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medium- and long- distance from your partner. Situations where the Kata can be applied are comprehensively explained in this book. Additionally, the special features of any Karate style are expressed through the Kata. The Kata contained in this book have their roots in the Shotokan Karate style. The book aims to assist in understanding them better, to get to know the situations when they can be applied, and to show how to improve them in the daily training routine as well as in grading tests and competitions. 13 Kata are presented in detail using the Bunkai method: • Heian 1 to Heian 5, Tekki 1 - the basic Kata up to the Brown Belt • Tekki 2 and Tekki 3 • Bassai-Dai, Empi, Jion, Hangetsu and Kanku-Dai - the first of the Master Kata

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The Ten Pound Poms is a story about more than just the small number of individuals portrayed in this book. During 1945 to 1973 over one million Britons left the UK to start a new life on the other side of the world. Leaving family and friends behind, especially elderly parents was a major concern, knowing in all probability they may never see them again. In post-war Britain conditions were tough, and most wanted a chance to rebuild their lives away from the atrocities of war. Australia

"FOREWORD" for this magnificent book is written by 6 Time World Boxing Champion, M.C. Mary Kom. The remarkable part of this Karate book is that it is fully colored adorned with high-resolution photographs

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Kata Volume 4 and its coffee-table size makes it a memorable and unique book in the world. This book is precious and useful for those Karateka who need to take in Shotokan style Karate from White Belt to Black Belt with the aim of full devotion towards learning and rehearsing Karate. Each pursuer of this book will know much about the fundamentals of Shotokan Kata. What's more, this book incorporates a portrayal of the positions of some advanced movements of the Shotokan style that are performed by me only, so that every Karateka can see clear photos and catch on it quickly in a simple manner. This book is composed for everyone who is inspired by the Shotokan Karate and needs to look behind credible Shotokan Karate more profoundly. For those, keen on extending their

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Insight and improving their capacities with the applications depicted and delineated in this book, I recommend perusing this book completely to get each stance exhibited by me along with its full description about that particular stance so that it may be learned very well by the Karateka straight forwardly.

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