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Kagawa-sensei demonstrating beginning of kata gojushiho-sho

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Luca Valdesi - Kata Goju Shiho-Sho - 21st WKF World Karate Championships Paris Bercy 2012

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Recommendations - HIS Karate-Do

Best Karate Vol.7 Jitte, Hangetsu, Empi \$ 32.95 The three kata in this volume are on the JKA recommended list and are notable for the sticklike use of the arms - Jitte, the circular movements of hands and feet coordinated with breathing - Hangetsu, and easy, agile movements, combined into continuous techniques - Empi

The three advanced kata in this book are a challenge to the performer's level of maturity. From

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Two kata from the recommended list: Gankaku-crane standing on a rock-a name descriptive of this kata, which has techniques for striking upward or downward with either hand while standing on one foot. Here are dazzling techniques for counterattacking with the back-fist or side kick. In the Jion kata there are many crisp, flowing movements, but within these calm, harmonious movements are strong, spirited techniques appropriate for mastering shifting positions, changing directions and sliding the feet.

A fully-illustrated guide to karate techniques and their application by a Japanese expert.

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

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detailed descriptions, which allow a deeper understanding of the Kata and their application. Armed with this information, it should be easy now for the Karateka to be able to improve himself in his routine training, grading tests and competition.

The martial art of Karate is one of the many facets of Japanese traditional culture that has been embraced worldwide. This book explains all the important Karate kata, illustrated with photos and detailed text by the author. It also explains in depth some of the more difficult aspects of Karate for learners to master, including steps, breathing, and pressure points, among others. Kata needs to be practiced repeatedly on an individual basis, and this book is written with such training in mind.

Originally published: Tokyo: Kodansha International, 1987.

Sparrow's my name. Trader. Deal-maker. Hustler, some call me. I work the Night Fair circuit, buying and selling pre-nuke videos from the world before. I know how to get a high price, especially on Big Bang collectibles. But the hottest ticket of all is information on the Horsemen—the mind-control weapons that tilted the balance in the war between the Americas. That's the prize I'm after. But it seems I'm having trouble controlling my own mind. The Horsemen are coming. At the Publisher's request, this title is being sold without Digital Rights Management Software (DRM) applied.

Stresses the spiritual aspects of karate and demonstrates three advanced kata, or set

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sequences of blocks, punches, and kicks

All the basic points of karate arranged systematically for effective learning, step by step--the parts of the body used as natural weapons, the stances, how to block, how to attack, introduction to the kata and to kumite. The fundamentals as presented in this volume, briefly but accurately, are the distillation of the author's forty-six years' experience in this art of self-defense. As well as setting forth the basic rules that must be put into practice when performing kata or applying techniques in kumite, this volume pinpoints the underlying physical and physiological principles of karate: source and concentration of power; stance, form, stability and technique; movement in all directions; basic and comprehensive aspects of training.

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