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Thepopculturecompany.comThe 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 May 8th, 2024.

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It Represents A Fascinating Multitude Of Logical, Sequential Techniques, With Which The Karateka Can Demonst Jun 4th, 2024Shotokan Karate International Kata Vol 1Repertoire 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 Apr 14th, 2024Shotokan Karate Kihon Kumite Kata -Pluto2.wickedlocal.comShotokan Karate Kihon Kumite Kata Andress Said He's Been Studying The Shotokan Form Of Karate Since Farnham Said: Kumite— Sparring And Self-defense; Kata — Demonstration Of Form And Kihon – Basic Technique Like Napa Woman Leads Local Karate Academy A Highly Dynamic And Physical Art,

The Japanes Jan 7th, 2024.

Advanced Shotokan Karate Kata Volume 1The 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. [PDF] Shotokan Karate Feb 8th, 2024

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