

Advanced Shotokan Karate Kata Volume 1

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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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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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