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Heian oi 42 Shodan (M: 1) ame 48 49 S = 9(eitå Rime, tige Ruse X = }üE4 keiçe Tecbnik 21

~~Kata Kion, Heian Shodan, Heian Nidan, Heian Sandan, Heian ...~~

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sequence of karate moves organized into a pre-arranged fight against imaginary opponents. The kata consists of kicks, punches, sweeps, strikes, blocks, and throws. Body movement in various kata includes stepping, twisting, turning, dropping to the ground, and jumping. In Shotokan, kata is not a performance or a demonstration, but is for individual karateka to practice full techniques—with every technique potentially a killing blow; while paying ...

~~Shotokan Karate Kata~~

Libro KATAS de Karate Shotokan, vol.1 por Joachim Grupp, Formato: 17 x 24 cm. 224 páginas - Español/ Spanish. Se presentan 17 katas con todo detalle, además de sus bunkais: Heian 1 a Heian 5, Tekki 1 a Tekki 3, Bassai Dai, Enpi, Jion, Hangetsu, Kanku Dai, Bassai Sho, Nijushiho, Gojushiho Sho, Gojushiho Dai.

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~~Los 26 Katas del Karate Shotokan por Hirokazu Kanazawa ...~~

KATA KARATE SHOTOKAN

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The kata included in this book are as follows: Kanku-dai, Bassai-dai, Empi, Hangetsu, Jion, Jite, Gankaku, Tekki nidan, Kanku-sho, Bassai-sho, Nijushiho, Ji'in, Tekki sandan, Chinte, Sochin, Meikyo, Gojushiho-dai, Gojushiho-sho, Unsu and Wankan. It does not include the Heians, or Tekki shodan.

~~Les katas supérieurs, shotokan-ryu (Karaté):
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