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The Intermediate

Guide Kata – ALL

KATAS – for Shotokan

Karate The Source of

Shotokan Karate

Chinte – Slow –

– fast |

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– Slow – fast |

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6th Dan

The Origin of

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Shotokan: History of
Shotokan Part 1 | ART
OF ONE DOJO

Karate Kick Tutorial!
List of 7 Kick Names!

Shotokan Karate
Follow Along Class -
9th Kyu White Belt -
Class #1 Jitte - Fast -
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- Slow -

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The Classic Kata of
Shotokan Karate (Vol.

1) The most
dangerous punch |
Okinawa Karate |
Masaaki Ikemiyagi |
最も危険な突き |
池宮城政明先生 |
沖繩空手 Karate katas
1,2,3,4,5,6,7,8, 7 Year
Old Girl Karate Master
| Incredible Kankudai
Demo | Poke My

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Heart Damian

QUINTERO vs Ryo

KIYUNA. Dubai 2018

Karate 1-Premier

League Final Female

Kata. Rika Usami of

Japan. 宇佐美

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do karate / Learn the

basics of karate:

Karate for beginners

lesson 1 BRASIL Team

Kata | Unsu and

Bunkai | Bronze

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~~Medal Final Male~~

~~Team Kata SPAIN.~~

~~2014 World Karate~~

~~Championships~~

~~BLACK BELT KARATE:~~

~~Developing Relaxed~~

~~Power (Lesson 4) ———~~

~~Nakamura Ayano JPN~~

~~—Gojushiho dai~~

Why so many all

Japan selected Karate

athletes have

appeared from Shoto

Federation? Goju shi

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Meikyo – Fast

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History: The Types of

Karate - LiveAbout

The table contains a

comparison of karate

styles.

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Kokutsu dachi: back

stance (in almost all
Shotokan katas;

usually first learned
in Heian Shodan)

kosa dachi: cross-
legged stance (e.g. in
the kata Heian

Yondan) neko ashi

dachi: cat stance (e.g.
in the kata Bassai

Sho) mitsurin dachi:

jungle stance; renoji

dachi: I-stance, or

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relaxed stance (e.g. in
the kata Kanku Dai)
teiji dachi: t-stance

~~List of shotokan
techniques~~

~~Wikipedia~~

Kano was the founder
of judo; hence, his
invite allowed karate
to gain Japanese
acceptance. Joe
Lewis: A karate
tournament fighter

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that was voted the greatest karate fighter of all-time by Karate Illustrated in 1983. He was both a karateka and kickboxer. Chojun Miyagi: A famous early karate practitioner that named the Goju-Ryu style.

~~Martial Arts History:~~

Page 24/40

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~~The Types of Karate~~

~~Live About~~

Background. The four earliest karate styles developed in Japan are Shotokan, Wado-ryu, Shito-ryu, and Goju-ryu; most styles of Karate are derived from these four. The first three of these styles find their origins in the Shorin-Ryu style from Shuri,

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Okinawa, while Goju-ryu finds its origins in Naha. Shuri karate is rather different from Naha karate, drawing on different predecessor influences.

~~Comparison of karate styles - Wikipedia~~

Hara Shotokan Karate Academy. Shotokan karate instruction by

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sensei Ken Button in
Scotter, Scunthorpe,
Preston and

Southport. Senior
instructors Andy
McDonald, Alan

Hughes. hara
shotokan academy
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The history of the
martial arts style

Shotokan karate

begins with Gichin

Funakoshi, a man

who not only started

the form but also

helped to popularize

karate in general.

More recently, a UFC

fighter by the name

of Lyoto Machida has

done quite a bit to

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bring the art of

Shotokan to the

forefront as well. Let's

put it this way:

Machida knows how

to strike with

devastating force

before anyone ...

~~Martial Arts History:~~

~~Shotokan Karate~~

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~~Shotokan Karate~~

~~International ...~~

Shotokan Karate is the original and most popular style of Karate and differs from other styles by combining swift and dynamic techniques with controlled (non-

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contact) and Guide

powerful strikes.

What is SHOTO?

SHOTO is the

SHOtokan Traditional

Karate Organisation

(UK) founded by

Hanshi Mick Randall

MBE 9th Dan, in 1996.

Hanshi Mick Randall

MBE is the ...

~~Frequently Asked~~

~~Questions – Shotokan~~

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~~Traditional Karate ...~~

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essentially the “ file
format ” most
people are familiar
with, such as .mov,
.avi, and .mp4. These
file types function as
a sort of “ box ” that
“ contains ” the
video, audio, and
metadata (that ’ s
the extra info

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attached to each file, like file names, tags, codec info, etc.), allowing it to function as a single file.

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Shotokan was the name of the first official dojo built by Gichin Funakoshi, in

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1936 at Mejiro, and destroyed in 1945 as a result of an allied bombing. Shoto (松濤, Shōtō), meaning "pine-waves" (the movement of pine needles when the wind blows through them), was Funakoshi's pen-name, which he used in his poetic and

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philosophical

writings and

messages to his

students.

~~Shotokan - Wikipedia~~

Karate (空手) (/ k

r t i /; Japanese

pronunciation: ());

Okinawan

pronunciation:) is a

martial art developed

in the Ryukyu

Kingdom.It

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developed from the indigenous Ryukyuan martial arts (called te (手), "hand"; tii in Okinawan) under the influence of Kung Fu, particularly Fujian White Crane. Karate is now predominantly a striking art using punching, kicking, knee strikes, elbow ...

~~Karate - Wikipedia~~

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