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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

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techniques with every technique
potentially a killing blow; while paying
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~~Shotokan Karate Kata~~

Libro KATAS de Karate Shotokan,
vol.1 por Joachim Grupp, Formato: 17
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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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KATA KARATE SHOTOKAN

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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~~

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Read "Los 26 katas Shotokan a simple

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vista y, además, el Ten no Kata en detalle" by Fiore Tartaglia available from Rakuten Kobo. Este manual está destinado a los karatekas que ya dominan los katas y quieren seguir perfeccionándolos. Gr...

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