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Jka Shotokan

Karate Kata

Series Vol 5

Kanku Dai

Tsunami
Kata

Series Vol

5 Kanku

Dai

Tsunami

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Jka Shotokan

Karate Kata

~~26 Kata of the
Shotokan Style~~

~~Part 1 The~~

~~Classic Kata of
Shotokan Karate~~

~~(Vol. 1) □□□~~

~~Tekki Sandan~~

~~(SLOW)~~

~~Shotokan Karate~~

~~kata JKA Tekki~~

~~Nidan (SLOW)~~

~~Shotokan Karate~~

~~kata JKA Kata -~~

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Jka Shotokan

ALL KATAS - for

Shotokan Karate

Rare Video from

M. Nakayama JKA

- Shotokan

Karate The

Secret of the

Shotokan Karate

Kata Kanku Dai |

JKA Karate 2020

| Karate

Coaching. Jitte

(SLOW) -

Shotokan Karate-

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Jka Shotokan

Do JKA Heian

Shodan (SLOW) -

Shotokan Karate

Kata JKA Heian

~~Nidan (SLOW) -~~

~~Shotokan Karate~~

~~Kata JKA Kanku~~

~~Dai (SLOW) -~~

~~Shotokan Karate~~

~~JKA Basai Dai -~~

~~Yoshiharu Osaka~~

~~Sensei JKA -~~

~~Shotokan Karate~~

~~living textbook~~

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Jka Shotokan

JKA Heian Kata
Tekki Nidan -
Shotokan Karate
kata JKA Bassai
Dai - Shotokan
Karate-Do JKA
Heian Nidan -
Shotokan Karate
Kata JKA JKA
KATAS (HEIAN:
1-5), SHOTOKAN
KARATEDO. Ji'in
~~— Slow \u0026~~
~~fast | Shotokan~~

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Jka Shotokan

~~Karate Kata | by~~

~~Fiore Tartaglia~~

~~6th Dan Heian~~

~~Shodan -~~

Shotokan Karate

Kata JKA Meikyo

- Fast \u0026

Slow | Shotokan

Karate Kata by

Fiore Tartaglia

Jka Shotokan

Karate Kata

Series

Shotokan Karate

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Jka Shotokan

has 26 different katas. Each kata has it's own specific emphasis on fast and/or slow, controlled, powerful movements. Each kata also has two separate kiai points.

Shotokan Katas –

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Jka Shotokan

Japan Karate

Association of

Ponchatoula

Empi is one of the oldest kata in Shotokan. (37 moves) Jion:

(love and goodness) Jion is a term in Buddhism. It is also the name of a temple in China. It uses

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Jka Shotokan

karate kata
basic stances
and techniques.

Series Vol 5

Shotokan Kata

List - JKA

BRIGHTON QLD

Japan Karate

Association

Official

Shotokan Kata

Video Series -

in English.

Presented by

Masatoshi

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Jka Shotokan

Nakayama of the

JKA with
Series Vol 5

instructors

Osaka, Imura,

Yahara, and

Tanaka. Video

Series Review .

JKA Kata Video

Series . One

thing that set

the Japan Karate

Association part

from all other

major

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Jka Shotokan

organizations

was their desire
to publish
material on ...

Tsunami

JKA Video Series
Review

Several Shotokan
groups have
introduced other
shotokan kata
and kata from
other styles,
into their

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Jka Shotokan

training, but when the JKA (Japan Karate Association) was formed by Nakayama Sensei, he put forward these 26 kata (not including takyoku shodan or kihon kata), as the training kata for the JKA karateka.

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Jka Shotokan

Karate Kata

The 27 Shotokan

Kata – Shotokan

Kanku Dai
Karate Online

ABOUT SHOTOKAN

KATA SERIES

Výuka - workshop

- drill

Připravili jsme
pro vás poněkud
odlišný projekt,
který má

nabídnout všem
zájemcům o

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Jka Shotokan

Karate možnost

t... Series Vol 5

Shotokan Kata

Series - Home |

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Do . JKA.

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fullscreen. 5

years ago | 3K

views. Kihon

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Jka Shotokan

Ippon Kumite .
Shotokan Karate-
Do . JKA.

Lumpishsense.

Follow...

Series. 20:58.

Shotokan Karate

- Masao Kawazoe

2 - Kihon part1

(Кихон в Каратэ)

Боевые Искусства

Востока ...

Kihon Ippon

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Jka Shotokan

Kumite . Kata

Shotokan Karate-
Do . JKA - video

Kanku Dai

In many Shotokan Karate Dojo, the five Heian kata are part of the standard 27 Shotokan Kata.

Shotokan Kata

The Heian Kata

Series -

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Jka Shotokan

Shotokan Karate
Online

The goal of the committee was to create a series of Okinawan kata to teach both physical education and very basic Okinawan independent style martial arts to school

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Jka Shotokan

children. Their goal was not to create a standardized karate as the Japanese had been doing with kendo and Judo for the sake of popularization.

Kata Lists in different styles of Karate -

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Jka Shotokan

Shotokan Kata

Shotokan Karate is comprised of 26 katas, each with their own emphasis on fast and slow or controlled and powerfull movements.

Virtually all of the katas taught today in the Shotokan system

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Jka Shotokan

have two kiai points. The kiai or "spirit cry" as it is sometimes referred to, occurs only at certain pre-determined moments in each kata.

Shotokan Karate Kata

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Jka Shotokan

Authentic and
Dynamic Karate
Training.

Shotokan karate
training at
Harpenden JKA is
in 3 parts:
basic
techniques,
kumite and kata.
Classes are
supervised by an
instructor at
all times while

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Jka Shotokan

Kumite is taught
in very
controlled
circumstances.

Tsunami

Training In The
Dojo - Harpenden
JKA

List of 26
Shotokan Kata's
- International
Shotokan Karate
Federation of
Jamaica List of

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Jka Shotokan

26 Shotokan

Kata's

Series Vol 5

International

Shotokan Karate

Federation of

Jamaica (ISKFJ)

The following is

a list of all 26

katas, number of

moves, meaning

List of 26

Shotokan Kata's

- International

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Jka Shotokan

Shotokan Karate

Series Vol 5

Teaser of the
JKA "All Kata of
Karate" DVD-
Series. Watch
all 26 Shotokan
Katas on 3 DVDs
performed by the
likes of Yahara,
Tanaka, Kagawa
and Asai-Sensei,
the greatest
masters of the

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Jka Shotokan

Karate Kata...

Series Vol 5

JKA All Kata of
Kanku Doi
Karate DVD Promo

Hangetsu -

Shotokan Karate

The most popular
image associated

with kata is

that of a karate

practitioner

performing a

series of

punches and

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Jka Shotokan

kicks in the
air. The kata
are executed as
a... Jka

KarateKarate

DoKarate

ClubKarate

KataShotokan

KarateUfc

FightersMichelle

LewinBoxing

WorkoutWing Chun

100+ JKA Karate

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Jka Shotokan

ideas | jka
karate, karate,
shotokan

Today he wears
the fifth dan
and is a B-level
examiner for the
German Karate
Federation
(DKV). Since
1982 he has
worked as a
professional
graphic designer

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Jka Shotokan

in Germany and,
since 1985, in
his own...

Kanku Dai

Shôtôkan-Kata Up
to Black Belt /
Vol. 1: A
Reference Book

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Mastering Karate

04 Kyu Kata

[Part 2] -

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Dailymotion.

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... JKA Japan

Karate

Association Kata

21/26 Nijushiho

-Shotokan Karate

- 10th dan

Hirokazu

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Kanazawa Kata

3:34. JKA Japan
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Gankaku -

Shotokan Karate

- 10th dan

Hirokazu

Kanazawa. Japan.

3 ...

Shotokan Karate

Kanazawa

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Jka Shotokan

Mastering Karate

04 Kyu Kata...

This program
includes
academic and
practical
requirements,
with many
Shotokan
specialized
instructor
subjects
including,
history,

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Jka Shotokan

Kinesiology,
body parts and
physiology,
psychology,
karate
techniques,
kata,
administration,
kumite and
strategy, self
defense, and
tournaments.

WORLD JKA KARATE

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Jka Shotokan

ASSOCIATION

Japan Karate
Association, in
particular,
refers to

Shotokan Karate
as being able to
achieve this in
as little as one
technique and
this ethos
carries through
all areas of the
training. Kata A

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Jka Shotokan

pre-determined

series of

structured
movements and

techniques

executed during
a routine or

'fight' against
multiple

imaginary

opponents.

JKA Belfast –

Traditional

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Jka Shotokan

Karate Club –

Just another ...

JKA Shotokan

Kanku Kata

Series Vol 2

Heian 4-5 -

Tekki 1

(Tsunami):

Nakayama,

Tanaka, Osaka,

Yahara:

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Karate Kata

Series Vol 5

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