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Advanced Shotokan Karate Kata Volume

Advanced Shotokan Kata, Volume Four demonstrates advanced kata as taught by the Japan Karate Association, one of the most popular styles of karate in the world. Nijushi-Ho (Demonstrated

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by Sensei Bendickson) This kata demonstrates the smooth buildup of internal strength and the impressive release of power that can be developed by the advanced karate-ka.

Shotokan Karate: Advanced Shotokan Kata, Volume Four

Advanced Shotokan Kata demonstrates kata as taught by the Japan Karate Association. Volume One includes Bassai-dai, Kanku-dai, Empi, Jion and Tekki Shodan. Instructors Joel Ertl and Anita Bendickson demonstrate each kata slowly with close-ups of difficult sequences, move by move and with the correct speed.

Watch Shotokan Karate: Advanced Kata, Volume One | Prime Video

Advanced Shotokan Kata, Volume One This DVD presents the katas that are typically practiced at the levels of brown belt and the lower levels of black belt. These kata are also useful for any student that has a good understanding of the Heian katas.

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Shotokan Karate: Advanced Shotokan Kata, Volume One

Advanced Shotokan Kata, Volume Two is designed to help the advanced karate student learn these kata in-depth and with detail. The applications are not demonstrated in this DVD. For those wishing to learn the applications, check out our Kata Application DVD series, also available from E/B Productions.

Shotokan Karate: Advanced Shotokan Kata, Volume Two

Advanced Shotokan Kata, Volume Six Gojushiho-dai, Meikyo, Wankan, Jiin These are very advanced katas in the Japanese Shotokan style of karate. This DVD uses menus and chapter to allow you to jump directly to the section you want to practice.

Advanced Shotokan Kata, Volume Six DVD - E/B Productions ...

The repertoire of Shotokan Karate contains 26 Kata in all. The

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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. There are 9 Kata with Bunkai in this book: Sochin, Meikyo, Chinte, Kanku ...

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—Black Belt magazine Practical Karate: Defense Against an Unarmed Assailant is the second volume in the classic six-volume series by Masatoshi Nakayama and Donn Draeger. Written for those with an understanding of karate techniques, all methods described in this martial arts book are workable, easy-to-learn karate defense responses to an ...

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Ōyō Bunkai is the synthesis of the application of concrete techniques and strategies embedded in the kata, is a perfect

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example of how the study of kata has ...

SHŌTŌKAN RYŪ KARATE DŌ KATA - Master Dario Marchini

...

The Advanced Karate Manual is designed as a companion volume to Karate-Do Manual. Written for those who have already achieved proficiency in the sport, the book aims to help the reader attain the increasingly high standards of speed, strength and skill required for modern karate competition.

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Advanced Shotokan Kata, Volume Five This DVD uses menus and chapter to allow you to jump directly to the section you want to practice. Included are detailed breakdowns and applications of the sequences in each kata. The kata Gojushiho-Sho, demonstrated by Sensei Ertl, is one of the longest katas in Shotokan karate.

Advanced Shotokan Kata, Volume Five DVD - E/B Productions ...

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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Advanced Shotokan Karate Kata Volume 1 Paperback - Illustrated, 18 Feb. 1999 by John Van Weenen (Author), John van Weenen (Editor, Illustrator) 3.8 out of 5 stars 11 ratings See all formats and editions

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Advanced Shotokan Kata, Volume Three demonstrates the Shotokan Karate katas Unsu and Chinte. The DVD uses menus and chapter to allow you to jump directly to the section you want to practice. These very advanced kata are presented in careful detail, with each technique broken-down and shown in close-up from several angles.

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Advanced Shotokan Kata demonstrates kata as taught by the Japan Karate Association. Volume Two includes Tekki Nidan, Tekki Sandan, Gankaku, Jitte, Hangetsu and Sochin. Instructors Joel Ertl and Anita Bendickson demonstrate each kata slowly with close-ups of difficult sequences, move by move and with the correct speed.

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Advanced Shotokan Kata, Volume Six Gojushiho-dai, Meikyo, Wankan, Jiin. These are very advanced katas in the Japanese Shotokan style of karate. This DVD uses menus and chapter to allow you to jump directly to the section you want to practice. Included are detailed breakdowns and applications of the sequences in each kata.

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Excellent videos of traditional shotokan karate katas as taught by Hidetaka Nishiyama. Senseis Ertl and Bendickson provide clear, concise demonstrations and explanations of 6 advanced katas: Tekki Nidan, Tekki Sandan, Jitte, Hangetsu, Gankaku, and Sochin. This is a great companion video to Shotokan Karate: Advanced Shotokan Kata, Volume One

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