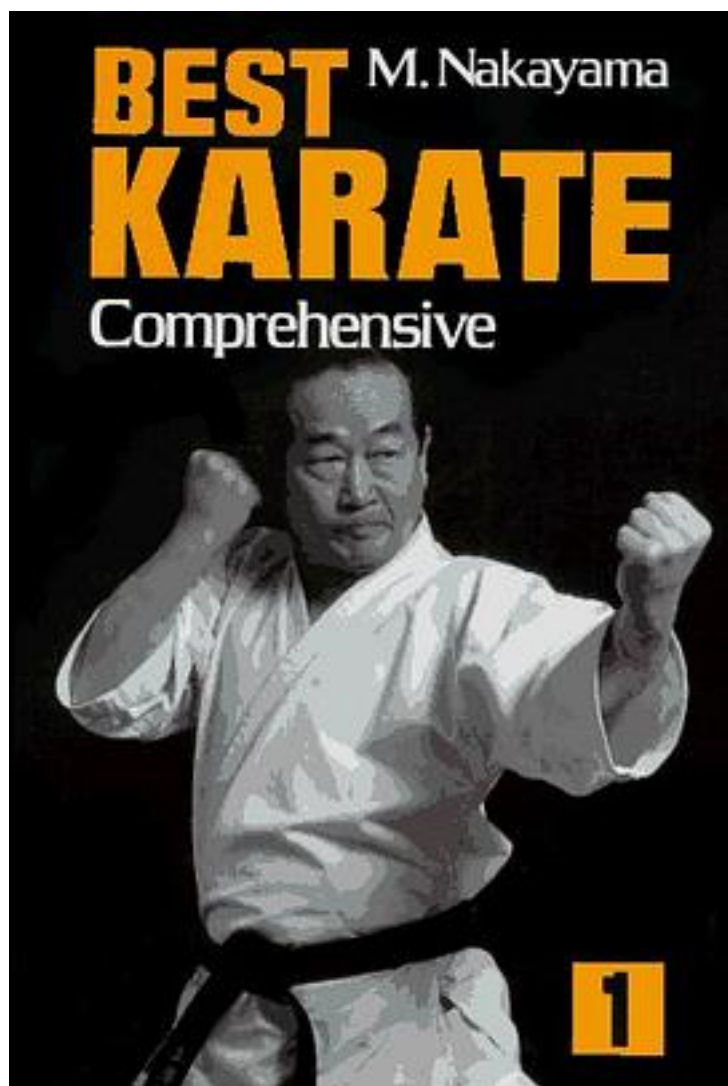


# Best Karate



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Two kata from the recommended list: Gankaku-crane standing on a rock-a name descriptive of this kata, which has techniques for striking upward or downward with either hand while standing on one foot. Here are dazzling techniques for counterattacking with the back-fist or side kick.

In the Jion kata there are many crisp, flowing movements, but within these calm, harmonious movements are strong, spirited techniques appropriate for mastering shifting positions, changing directions and sliding the feet.

作者介绍:

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