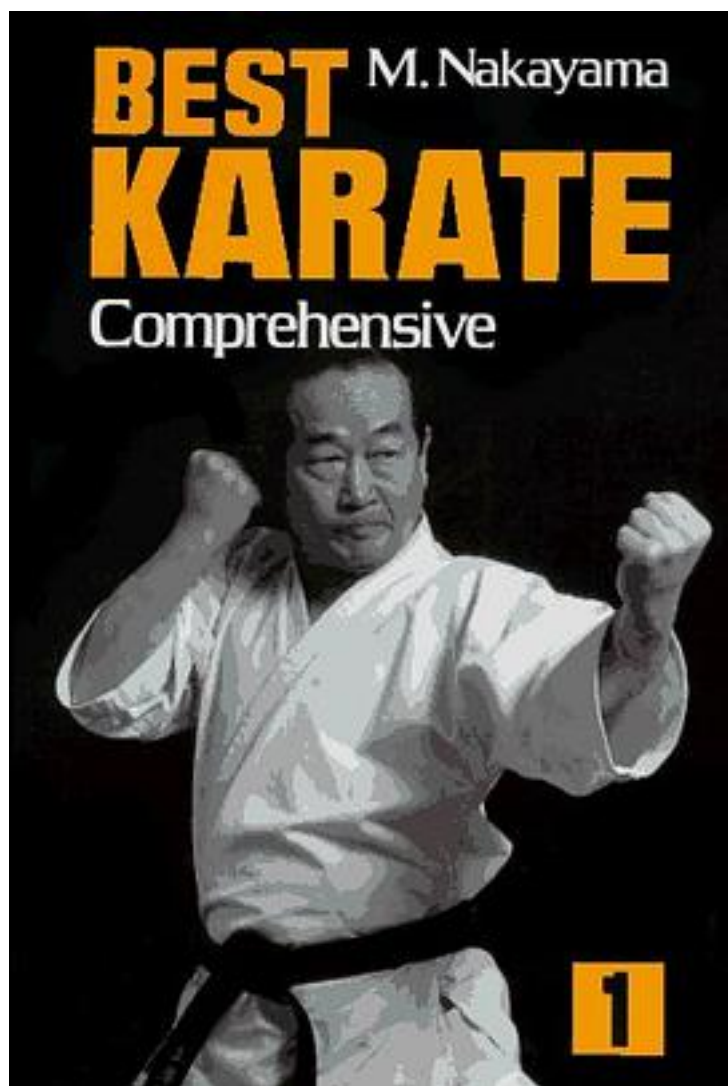


# Best Karate



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The kata in this volume are at the advanced level and may be selected for examination above the grade of shodan.

In Unsu, there are constant transformations, signified by the name meaning "Cloud Hands." All parts of the body are used as weapons, with feints and provocations leading to unique combination techniques and multi-directional kicks.

Sochin is characterized by a certain solemnity and imperturbability. Using a very stable stance, muscular power is built up slowly in many movements, instantaneously in others, leading to a keen sense of timing for continuous attacks.

Nijushiho offers training in the unique back-hand block (haishu uke). It requires integration of varying strengths and speed, and mastery can be seen in a smooth and unbroken flow of movements.

作者介绍:

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