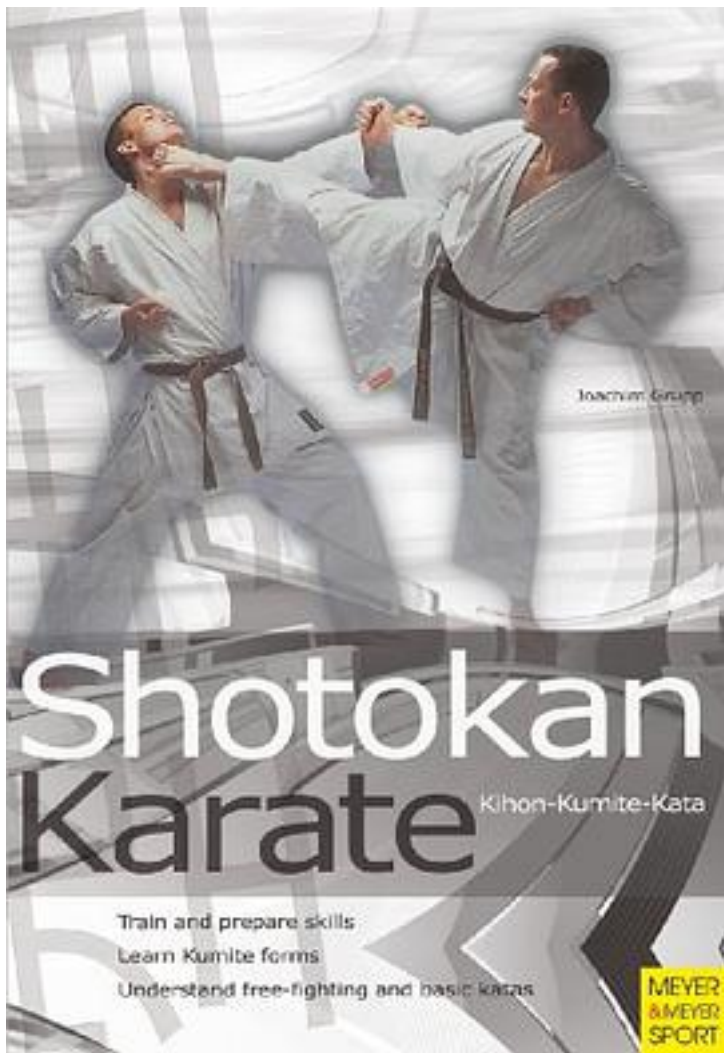


Shotokan Karate - Kihon-kumite-kata



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This title is suitable for all Shotokan Karateka whether they are beginners, advanced students or coaches. This standard work offers assistance to all Shotokan Karateka, whether they are beginners or advanced students, pupils or coaches. All the facets of this demanding fighting art are covered and described in an easily understandable manner. The most important Kihon techniques, the various Kumite forms as well as free fighting and basic Katas are described in detail. This is a complete package for anyone who wishes to improve themselves in this martial art. Contents of this title include: the history of Karate from FUNAKOAH! up to today's Shotokan Karate - what is Karate-Do? - training and preparation for grading; a comprehensive introduction to the basic techniques; all the Kumite forms from the Gohon-Kumite to Jiyu-Kumite; and, full explanations of the Katas Heian 1-5, Tekki 1 and Bassai-Dai. Over 500 photos are showing the enormously broad technical spectrum of the fighting art of Shotokan Karate.

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