

# Shotokan Karate



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This book aims to assist in understanding the Kata better, to get to know the situations when they can be applied, and how to improve them in the daily training routine as well as in grading tests and competitions. Kata are the backbone of Karate. Continually practising them allows the whole spectrum of possibilities contained in Karate to be revealed. The Kata consist of a fascinating multitude of techniques, which permit defence in close contact as well as at medium and long distance with your partner. Situations where the Kata can be applied are comprehensively explained in this book. The special features of any Karate style are expressed through the Kata. All Kata contained in this book have their roots in the Shotokan Karate style.

作者介绍:

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