

## Shotokan Karate International Kata Volume 1

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### Shotokan Karate International Kata | Arawaza®

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### Kanazawa Books - Traditional Japanese Shotokan Karate ...

International Shotokan Karate Federation of Jamaica (SKFJ) The following is a list of all 26 katas, number of moves, meaning Kata No. of moves Kata meaning Heian Shodan 21 "Peacefull Mind One" Heian Nidan 26 "Peacefull Mind Two" Heian Sandan 20 "Peacefull Mind Three" Heian Yondan 27 "Peacefull Mind Four"Read More...

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Renshi Steve Flores has 25 years experience in Shotokan Karate and Okinawan Kobudo. He has won World and National USKA titles in kata, weapons and fighting and is a former World Championship Team member. An avid competitor, he has won over 300 state, regional, national and international tournaments.

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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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### Books & Video - Shotokan Karate

Joachim Grupp was born in Stuttgart in 1959 and has been practising Karate since 1976. He holds a 4th Dan in Shotokan Karate and he is the leader of a Karate Club in Berlin. His book "Shotokan Karate - Kihon-Kumite-Kata" has already been published successfully by Meyer & Meyer Sport.

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