

SHOTO-KATA

ADVANCED KATA

VOLUME 1

KEINOSUKE ENOEDA



Shotokan Advanced Kata Vol

Camilla Rothe



Shotokan Advanced Kata Vol :

Shotokan Advanced Kata Keinosuke Enoda, 1983 Shotokan Karate Kata Joachim Grupp, 2002 A Kata is fighting self defence precision and dynamic force all in one It represents a fascinating multitude of logical sequential techniques with which the Karateka can demonstrate what he can do regarding his body control powers of persuasion perfection and fighting spirit The repertoire of Shotokan Karate contains 26 Kata in all The Master Kata described in this work belong to the advanced part of the repertoire and carry on from the 17 basic and advanced Kata introduced in Volume 1 This then completes the list of all the Shotokan Karate Kata There are 9 Kata with Bunkai in this book Sochin Meikyo Chinte Kanku Sho Wankan Ji in Jitte Gankaku Unsu There are approximately 600 photographs and detailed descriptions which allow a deeper understanding of the Kata and their application Armed with this information it should be easy now for the Karateka to be able to improve himself in his routine training grading tests and competition Shotokan Karate KATA Joachim Grupp, 2002 The 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 his book Additionally the special features of any Karate style are expressed through the Kata The Kata contained in this book have their roots in the Shotokan Karate style The book aims to assist in understanding them 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 17 Kata are presented in detail using the Bunkai method Heian to Heian 5 Tekki 1 the basic Kata up to the brown belt Tekki 2 and Tekki 3 Bassai dai Empi Jion Hangetsu and Kanku dai the first of the master Kata and Bassai sho and Nijushiho Gojushiho Gojushiho dai the advanced master Kata **Black Belt** , 1998-06 The oldest and most respected martial arts title in the industry this popular monthly magazine addresses the needs of martial artists of all levels by providing them with information about every style of self defense in the world including techniques and strategies In addition Black Belt produces and markets over 75 martial arts oriented books and videos including many about the works of Bruce Lee the best known martial arts figure in the world **Black Belt** , 2002-07 The oldest and most respected martial arts title in the industry this popular monthly magazine addresses the needs of martial artists of all levels by providing them with information about every style of self defense in the world including techniques and strategies In addition Black Belt produces and markets over 75 martial arts oriented books and videos including many about the works of Bruce Lee the best known martial arts figure in the world **Black Belt** , 2002-01 The oldest and most respected martial arts title in the industry this popular monthly magazine addresses the needs of martial artists of all levels by providing them with information about every style of self defense in the world including techniques and strategies In addition Black Belt produces and markets over 75 martial arts oriented books and videos including many about the works of Bruce Lee the best known martial arts figure in the world *Black Belt* , 2002-04 The

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