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Advanced Shotokan Karate Kata Volume

Advanced Shotokan Kata, Volume Four demonstrates advanced kata as taught by the Japan Karate Association, one of the most popular styles of karate in the world. Nijushi-Ho (Demonstrated by

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Sensei Bendickson) This kata demonstrates the smooth buildup of internal strength and the impressive release of power that can be developed by the advanced karate-ka.

**Shotokan Karate: Advanced
Shotokan Kata, Volume Four**
Advanced Shotokan Kata demonstrates

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kata as taught by the Japan Karate Association. Volume One includes Bassai-dai, Kanku-dai, Empi, Jion and Tekki Shodan. Instructors Joel Ertl and Anita Bendickson demonstrate each kata slowly with close-ups of difficult sequences, move by move and with the correct speed.

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Watch Shotokan Karate: Advanced Kata, Volume One | Prime Video

Advanced Shotokan Kata, Volume One

This DVD presents the katas that are typically practiced at the levels of brown belt and the lower levels of black belt.

These kata are also useful for any student that has a good understanding of the Heian katas.

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Shotokan Karate: Advanced Shotokan Kata, Volume One

Advanced Shotokan Kata, Volume Two is designed to help the advanced karate student learn these kata in-depth and with detail. The applications are not demonstrated in this DVD. For those wishing to learn the applications, check

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out our Kata Application DVD series, also available from E/B Productions.

Shotokan Karate: Advanced Shotokan Kata, Volume Two

Advanced Shotokan Kata, Volume Six
Gojushiho-dai, Meikyo, Wankan, Jiin
These are very advanced katas in the
Japanese Shotokan style of karate. This

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DVD uses menus and chapter to allow you to jump directly to the section you want to practice.

Advanced Shotokan Kata, Volume Six DVD - E/B Productions ...

The repertoire of Shotokan Karate contains 26 Kata in all. The Master Kata described in this book belong to the

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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. There are 9 Kata with Bunkai in this book: Sochin, Meikyo, Chinte, Kanku ...

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The Advanced Karate Manual is designed as a companion volume to Karate-Do Manual. Written for those who

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have already achieved proficiency in the sport, the book aims to help the reader attain the increasingly high standards of speed, strength and skill required for modern karate competition.

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Ertl, is one of the longest katas in Shotokan karate.

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Advanced Shotokan Kata, Volume Three demonstrates the Shotokan Karate katas

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Advanced Shotokan Kata, Volume

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These are very advanced katas in the Japanese Shotokan style of karate. This DVD uses menus and chapter to allow

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you to jump directly to the section you want to practice. Included are detailed breakdowns and applications of the sequences in each kata.

Advanced Shotokan Kata, Volume Six DVD - E/B Productions ...

Excellent videos of traditional shotokan karate katas as taught by Hidetaka

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Nishiyama. Senseis Ertl and Bendickson provide clear, concise demonstrations and explanations of 6 advanced katas: Tekki Nidan, Tekki Sandan, Jitte, Hangetsu, Gankaku, and Sochin. This is a great companion video to Shotokan Karate: Advanced Shotokan Kata, Volume One

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