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Shotokan Karate has 26 different katas. Each kata has it ' s own specific emphasis on fast and/or slow, controlled, powerful movements. Each kata also has two separate kiai points.

Shotokan Katas – Japan Karate



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Empi is one of the oldest kata in Shotokan. (37 moves) Jion: (love and goodness) Jion is a term in Buddhism. It is also the name of a temple in China. It uses basic stances and techniques.

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Shotokan Kata List - JKA BRIGHTON

QLD

Japan Karate Association Official  
Shotokan Kata Video Series - in  
English. Presented by Masatoshi  
Nakayama of the JKA with instructors  
Osaka, Imura, Yahara, and Tanaka.  
Video Series Review . JKA Kata Video

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Series. One thing that set the Japan Karate Association part from all other major organizations was their desire to publish material on ...

## JKA Video Series Review

Several Shotokan groups have introduced other shotokan kata and

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kata from other styles, into their training, but when the JKA (Japan Karate Association) was formed by Nakayama Sensei, he put forward these 26 kata (not including takyoku shodan or kihon kata), as the training kata for the JKA karateka.

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The 27 Shotokan Kata – Shotokan  
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který má nabídnout všem zájemc ě m o  
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Masao Kawazoe 2 - Kihon part1  
(Tsunami )

...

Kihon Ippon Kumite . Shotokan Karate-  
Do . JKA - video ...

In many Shotokan Karate Dojo, the

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five Heian kata are part of the  
standard 27 Shotokan Kata.

Shotokan Kata The Heian Kata Series -  
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The goal of the committee was to  
create a series of Okinawan kata to  
teach both physical education and



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very basic Okinawan independent style martial arts to school children. Their goal was not to create a standardized karate as the Japanese had been doing with kendo and Judo for the sake of popularization.

Kata Lists in different styles of Karate

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Shotokan Karate is comprised of 26 katas, each with their own emphasis on fast and slow or controlled and powerfull movements. Virtually all of the katas taught today in the Shotokan system have two kiai points. The kiai or "spirit cry" as it is

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Sometimes referred to, occurs only at certain pre-determined moments in each kata.

## Shotokan Karate Kata

Authentic and Dynamic Karate Training. Shotokan karate training at Harpenden JKA is in 3 parts: basic

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techniques, kumite and kata. Classes are supervised by an instructor at all times while kumite is taught in very controlled circumstances.

Training In The Dojo - Harpenden JKA  
List of 26 Shotokan Kata's -  
International Shotokan Karate

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Federation of Jamaica List of 26

Shotokan Kata ' s International

Shotokan Karate Federation of

Jamaica (ISKFJ) The following is a list

of all 26 katas, number of moves,

meaning

List of 26 Shotokan Kata's -

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International Shotokan Karate...

Teaser of the JKA "All Kata of Karate" DVD-Series. Watch all 26 Shotokan Katas on 3 DVDs performed by the likes of Yahara, Tanaka, Kagawa and Asai-Sensei, the greatest masters of the Japan Karate...

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## JKA All Kata of Karate DVD Promo

Hangetsu - Shotokan Karate The most popular image associated with kata is that of a karate practitioner performing a series of punches and kicks in the air. The kata are executed as a... Jka Karate Karate Do Karate Club Karate Kata Shotokan Karate Ufc

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100+ JKA Karate ideas | jka karate,  
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Today he wears the fifth dan and is a  
B-level examiner for the German  
Karate Federation (DKV). Since 1982



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he has worked as a professional  
graphic designer in Germany and,  
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Karate 04 Kyu Kata ...

This program includes academic and practical requirements, with many Shotokan specialized instructor subjects including, history, kinesiology, body parts and

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physiology, psychology, karate  
techniques, kata, administration,  
kumite and strategy, self defense, and  
tournaments.

## WORLD JKA KARATE ASSOCIATION

Japan Karate Association, in  
particular, refers to Shotokan Karate

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as being able to achieve this in as little as one technique and this ethos carries through all areas of the training. Kata A pre-determined series of structured movements and techniques executed during a routine or 'fight' against multiple imaginary opponents.

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Series Vol 5 Kanku Dai

JKA Belfast – Traditional Karate Club  
– Just another ...

JKA Shotokan Karate Kata Series Vol 2  
Heian 4-5 - Tekki 1 (Tsunami):  
Nakayama, Tanaka, Osaka, Yahara:  
Amazon.com.au: Movies & TV Shows

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The martial art of Karate is one of the many facets of Japanese traditional culture that has been embraced worldwide. This book explains all the important Karate kata, illustrated with photos and detailed text by the author. It also explains in depth some



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of the more difficult aspects of Karate for learners to master, including steps, breathing, and pressure points, among others. Kata needs to be practiced repeatedly on an individual basis, and this book is written with such training in mind.

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Most books on karate usually do not provide complete, detailed instructions and illustrations — the fundamentals plus the fine points — that readers hope for. This book fills the gaps left by others. The late

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Master Masatoshi Nakayama, chief instructor of the Japan Karate Association, left this book as a testament. It reveals his great experience as a karate competitor and teacher, describing and illustrating in detail all the correct movements involved in the particular block,

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punch, or kick you want to perform, as well as instructions — on combining blocking techniques with decisive counterattacks. Also included is a glossary of all Japanese karate terms and a guide to their pronunciation. Because of the lightning speed of karate techniques, normal camera

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work often fails to record the action accurately. For this reason, many of the photo sequences found in Dynamic Karate were taken using a stroboscope with a flash time of 1/10,000 of a second, enabling you to follow each movement as it is actually performed.

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All the basic points of karate arranged systematically for effective learning, step by step--the parts of the body used as natural weapons, the stances, how to block, how to attack, introduction to the kata and to kumite. The fundamentals as

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presented in this volume, briefly but accurately, are the distillation of the author's forty-six years' experience in this art of self-defense. As well as setting forth the basic rules that must be put into practice when performing kata or applying techniques in kumite, this volume pinpoints the underlying

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physical and physiological principles of karate: source and concentration of power; stance, form, stability and technique; movement in all directions; basic and comprehensive aspects of training.

The San Ten no Kata, by Sensei

*Page 40/54*



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Vincent A. Cruz, is a series of five drills for students of Shotokan karate. The drills introduce all of the techniques used in the traditional Shotokan katas in a natural sequence of study that progresses from white belt to black belt levels. Each drill exercises ten specific hand and foot

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techniques, with an emphasis on balanced development on the left and right sides. Each drill is similar to a vigorous 100-step kata. San Ten dojos use the San Ten no Kata drills as basic instruction, as warm-up exercises, as tests, and for spirit training.

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In the practice of karate, throughout the world and all levels, there is one sure constant - the Kata. These formal sequences of karate techniques form the basis of all proper practice, and their range in degree of difficulty means that they can be taught throughout a student's career. This

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new edition, which first appeared as two separate volumes, covers the first thirteen Shotokan Kata: Heian Shodan, Heian Nidan, Heian Sandan, Heian Yondan, Heian Godan, Tekki Shodan, Bassai-Dai, Empi, Sochin, Jion, Hangetsu and Nijushiho. Fully illustrated with photographs of each

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move, the accompanying text explains each sequence fully and clearly with a thorough investigation of the Kata's 'bunkai' or application. The authors concentrate not only on physical conditioning, but also on the correct mental and spiritual attitude.

Complete with an exploration of the

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historical background and  
development of the Kata, this book  
will prove indispensable to all  
students of karate.

Here the usually hidden secrets of

*Page 46/54*

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karate techniques are revealed in easy-to-understand, clearly explained and illustrated sequences. Utilizing over 330 photographs, The Tekki Series allows a continuous visualization of an opponent during the entire kata, without missing or overlapping motions in the kata sequence. Elmar

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Schmeisser is a 7th degree black belt and a master instructor with the International Society of Okinawan/Japanese Karate-do and the International Shotokan-ryu Karate-Do Shihankai. Involved in the martial arts for five decades, Schmeisser-Sensi is an authoritative and innovative



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instructor specializing in Kata Bunkai.  
Author of Advanced Karate-do, as well  
as Channan, the Heart of the Heians,  
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the modern practice of the ancient art  
of Karate.

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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

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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

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of all the Shotokan Karate Kata. There are 9 Kata with Bunkai in this book: Sochin, Meikyo, Chinte, KankuSho, Wankan, Ji'in, Jitte, Gankaku, Unsu. There are approximately 600 photographs and detailed descriptions, which allow a deeper understanding of the Kata and their

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information, it should be easy now for the Karateka to be able to improve himself in his routine training, grading tests and competition.

Stresses the spiritual aspects of karate and demonstrates three advanced

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