

advanced shotokan karate kata pdf

Title: Kata Kion, Heian Shodan, Heian Nidan, Heian Sandan, Heian Yondan, Heian Godan, Tekki Shodan, Bassai-Dai, Kanku-Dai, Empi, Jion, Hangetsu, Bassai-Sho,

Kata Kion, Heian Shodan, Heian Nidan, Heian Sandan, Heian

the very advanced Shotokan Kata. Gojushiho Sho The shorter version of Gojushiho Dai. Also a very advanced kata. Unsu Unsu means "Cloud Hands", the opening technique symbolising the parting of the clouds with the hands. Funakoshi Sensei's calligraphy 'Hatsuun Jin Do' (Parting the clouds, seeking the way' may well have relevance to this movement.

Shotokan Kata

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A study of the techniques and applications in KATA. DAN Black-belt grades. 1 st dan = shodan 2 nd dan = nidan 3 rd dan = sandan 4 th dan = yondan etc. DOJO A word used for the place of practice of martial arts. EMBUSEN (emboo-sen) Floor pattern transcribed by the placement of the feet in different stances during a kata. GI (gee) The karate uniform.

SHOTOKAN TERMINOLOGY - Trinity Shotokan Karate - Main

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JAPAN KARATE ASSOCIATION INTERNATIONAL SHOTOKAN KARATE FEDERATION Instructor Training Report #43 INDEPENDENT RESEARCH SUBJECT: KATA BUNKAI WITH SELECTED APPLICATIONS OF THE KATA CHINTE JKA/ISKF East Coast Instructor Training ID #EC-478 Paul Willoughby PDF created with pdfFactory trial version www.pdffactory.com

JAPAN KARATE ASSOCIATION INTERNATIONAL SHOTOKAN KARATE

This Technical Manual serves as training and grading guidelines conducted under the sanctions of the Traditional Shotokan Karate-Do, Singapore. The Technical Manual is compiled based on the materials and records from the Karate Union of Great Britain, and the current Technical Director Shihan Wong

Technical Manual - SBSS.it

The founders of shotokan karate devised survival skills to overcome impossible odds. When the king of Okinawa found himself trapped between samurai occupiers and U.S. Marines, his Shuri bodyguards answered these threats by creating the cornerstone of hard-style karate: the heian kata. Modern masters have pass down these technical forms to their ...

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