

Advanced Shotokan Karate Kata Volume 1

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Final Female Kata. Rika Usami of Japan. ??? ????? 7 Year Old Girl Karate Master | Incredible Kankudai Demo | Poke My Heart *Final Male Team Kata SPAIN. 2014 World Karate Championships Karate Exercises/Junbi Undo Karate Female Team Kata Bronze Medal - Serbia vs Italy - WKF World Championships Belgrade 2010 (1/2) Okinawan karate master. Kata.*
Shotokan 8 basic techniques ~~Bassai-dai (Shito-ryu \u0026 Shotokan Version)~~ Shotokan Karate Follow Along Class - 9th Kyu White Belt - Class #1 *Heian Yondan - Slow \u0026 Fast (Shotokan Karate Kata) Meikyo - Fast \u0026 Slow | Shotokan Karate Kata by Fiore Tartaglia* ~~SH??KAN RY? KARATE D? KATA Master Dario Marchini Trailer Volume 2 Tekki Nidan - Fast \u0026 Slow | Shotokan Karate Kata Sochin - Fast \u0026 Slow | Shotokan Karate Kata by Fiore Tartaglia~~
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