

## Shotokan Karate International Kata Volume 1

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International Shotokan Karate Federation (ISKF) Sobell Karate Club is affiliated to the ISKF . It is a traditional Shotokan Karate organization, founded by Master Teruyuki Okazaki , who studied directly under Master Gichin Funakoshi , the founder of Shotokan 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 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, 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 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.

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 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.

Shotokan Karate International Kata: Volume 1: Amazon.co.uk ...
Stresses the spiritual aspects of karate and demonstrates three advanced kata, or set sequences of blocks, punches, and kicks

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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 that permit defence in close contact as well as at medium- and long- distance from your partner. Situations where the Kata can be applied are comprehensively explained in this 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 to show how to improve them in the daily training routine as well as in grading tests and competitions. 13 Kata are presented in detail using the Bunkai method:
• Heian 1 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

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

Gichin Funakoshi is a legendary figure and the founder of Shotokan karate, the most popular style of Japanese karate, with millions of practitioners worldwide. In The Essence of Karate, Funakoshi creates, in his own words, a narrative of modern karate. He explains the philosophical and spiritual underpinnings and includes memories of his own training, as well as recollections of other karate masters and the history of the martial art. He also discusses the importance of

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winning without fighting, and the reason why many great martial artists improve with age. The preface has been contributed by Hirokazu Kanazawa, President of the Shotokan Karate-do International Federation (and Funakoshi 's disciple). He fondly writes of his memories of Gichin Funakoshi during his youth and what he learned from the master. In the afterword, the founder's great-nephew, Gisho Funakoshi, shares previously unknown personal anecdotes about his "Uncle Funakoshi."

Voici la r é édition tant attendu du livre Karate-do kata, 18 katas sup é rieurs, é puis é depuis de nombreux mois. Ce livre est plus particul i è rement destin é aux pratiquants grad é s de l ' é cole Sh ô t ô kan de karat é (80 % des pratiquants fran ç ais). C ' est une oeuvre synth é tique qui prend le parti de ne pas expliquer les techniques, mais d ' offrir de multiples outils pour une meilleure compr é hension de la forme: vues prises selon plusieurs angles, sch é ma complet des é volutions et film de chaque kata sur une double page, applications avec partenaire... Vingt katas sup é rieurs traditionnels du karat é Sh ô t ô kan sont pr é sent é s dont la forme originelle du kata « Wankan » a é t é reconstitu é . À cela s ' ajoutent deux autres katas in é dits, cr é é s par ma î tre Kase, « Heian Oyo » et « Tekki Oyo » qui ont é galement é t é reconstitu é s et figurent ici pour la premi è re fois en exclusivit é . Cet ouvrage aborde é galement quelques sp é cifit é s de l ' enseignement et de l ' é cole de ma î tre Kase sous forme de « points cl é s » et des « caract é ristiques de l ' é cole Kase-Ha » . Ce livre compl è te le premier ouvrage de l ' auteur qui d é veloppe les katas fondamentaux du Shotokan-ryu.

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