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putting.

**Jka Shotokan Karate
Kata Series**

5.0 out of 5 stars The
definitve JKA Shotokan
kata series Reviewed in
the United States on
May 14, 1999 For
anyone seriously
interested in Japanese
Shotokan Karate this
series is a must. The
kata are superbly
demonstrated, with
explanations and
applications clear and

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**Amazon.com: JKA
Shotokan Karate
Kata Series-Vol 1
Heian 1 ...**

Karate kata are sequences of basic, intermediate and advanced techniques arranged into set orders and patterns. The closest examples or equivalents of the Karate Kata in other activities or sports are shadow boxing, dance

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routines and the floor routines in gymnastics. The name kata is a Japanese term translated as mold, model, style, form or shape.

JKA Shotokan Kata

The JKA kata video series is professionally filmed and produced, powerfully performed, and easy to follow. No amount of effort was spared to make it the best of its type, and it

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does provide an excellent record of the work of the JKA.

JKA Video Series Review

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. This kiai, or "spirit cry" as it is also known, demonstrates

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that the karateka has committed their body, mind, and spirit to apply all of their available energy to that specific technique.

Shotokan Katas - Japan Karate Association of Ponchatoula

Many karate historians believe the karate moves contained in the heian. kata, come from the kata Kusanku, which is the original

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name of the shotokan kata, Kanku Dai (to view the sky). They say that master Itosu (pictured) thought Kusanku was too long and contained too many karate moves for new karateka to learn.

Shotokan Kata The Heian Kata Series - Shotokan Karate Online

about shotokan kata series Vúyuka - workshop - drill

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Připravili jsme pro vás
poněkud odlišný
projekt, který má
nabídnout všem
zájemcům o karate
možnost t...

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JKA Japan Karate
Association - Kata
17/26 Sochin -
Shotokan Karate - 10th
dan Hirokazu
Kanazawa. com
Several Shotokan

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groups have introduced other shotokan kata and 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 ...

Jka Sansai Kata

The UConn JKA is dedicated to the study and teaching of

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traditional Shotokan karate-do. Our Chief Instructor, Robert Jacobs (7th dan), is one of the highest ranking JKA instructors in the country. The UConn JKA is affiliated with Shotokan Karate-Do International (SKDI), which is headquartered in New York City under the direction of Master Shu Takahashi, 7th dan.

Connecticut Japan

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**Karate Association
and UConn JKA**

Video profile by Jon
Alpert. February, 2016.
Mori-sensei has been
based in New York City
since 1968 and is Chief
Instructor of Shotokan
Karate-Do
International, an
affiliate of the Japan
Karate ...

**Sensei Masataka
Mori, 9th Dan, Japan
Karate Association**

5.0 out of 5 stars The

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definitve JKA Shotokan kata series Reviewed in the United States on May 14, 1999 For anyone seriously interested in Japanese Shotokan Karate this series is a must. The kata are superbly demonstrated, with explanations and applications clear and unequivocal.

Amazon.com:
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JKA Shotokan Karate

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Kata ...

by Mastaoshi Nayama
assisted by M. Tanaka,
A. Isaka, Y. Osaka, M.
Yahara, T. Imura and
other senior Japan
Karate Association
instructors. This is a re-
edited and re-released
DVD version of the
Official JKA Shotokan
Kata Series (English
language version)
made by the JKA in
1985.

Official Shotokan
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**Kata DVD Series - in
English**

The Orlando Shotokan Karate Club has been working on a variety of team katas to create some enthusiasm around this aspect of traditional Japan Karate Association (JKA) training. The strategy was to get almost everyone in the club involved with one or more teams and katas so that we could explore the nuances of

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each movement, but more particularly the benefits of collaboration.

Orlando Shotokan Karate Club - JKA

My favourite Kata in JKA/ Shotokan. Heian Sandan is the third of the 'Heian' series, and again develops on the fundamental principles taught in the previous katas. This kata introduces many new techniques, the most

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complex being the disengagement of the arm followed by the spinning tetsui.

Seminar Moments: Gojūshiho Dai

□□ **Prior... - JKA Karate**

...

Kihon basics is the practice of basic techniques in Shotokan Karate. Kihon Kata, or Shodan, was developed by Yoshitaka Funakoshi, the son of Gichin Funakoshi, as a

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basic introduction to karate kata. (Yoshitaka also developed Nidan and Sandan) The kata consists of successive restatements of the theme of gedan barai – oi tsuki.

SHOTOKAN - MO- ICHIDO MARTIAL ARTS

Roots Of Shotokan:
Funakoshi's Original 15
Kata Part 1-
Classification &
Knowledge Of Kata. by

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Joe Swift. Editor's Note:
The first of this three
part series that
examines the roots of
Shotokan karate
through Gichin
Funakoshi's 15 original
kata. The first article
discusses the
controversy over
Funakoshi's
classification of Shorin
and Shorei by body
type, as well as his
knowledge of kata.

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**Roots Of Shotokan:
Funakoshi's Original**

The jka kyu and dan rank certification system. Japan karate association :: dan ranking. There are 10 kyu and 10 dan in jka karate. To obtain certification for each rank, you must fulfill the certification requirements and complete the testing procedure. Testing—or grading—is carried out

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by a panel of
instructors authorized
as jka technical ...
Tsunami

**Grading - JKA UAE
/SHOTOKAN KARATE
CLUB**

Kata. The 26 Shotokan katas are available for online viewing and as diagrams. Books.

These are the definitive, must-have books for referencing JKA kata study (at a reasonable price):

Karate-Do Kata Vol.1 &
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Jka Shotokan
Karate Kata Series
Vol.2 by Japan Karate
Association; The Best
Karate series by
Masatoshi Nakayama;
Some other suggested
karate educational
books that are the ...

Resources |

Shotokan Karate

Masataka Mori - JKA,
Traditional Shotokan
Karate School 48 W 68
St., NYC Richard Amos
- WTKO, Advanced
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