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Jobo van Weenen
SHOTO-KAN KARATE

Advanced Shotokan Karate Kata

Jin-Ying Zhang



Advanced Shotokan Karate Kata:

Advanced Shotokan Karate Katas John Van Weenen, 1988 *Advanced Shotokan Kata Manual* Frank Nezhadpournia, Simon Williams, 2009-07-21 Second Edition This is a comprehensive guide for every student to develop understanding of Advanced Kata for Brown belt Bassai Sho Kanku Dai Kanku Sho Jion Jitte Jiin Hangetsu Gangkaku Empi Sochin Wankan Chinte Unsu Tekki Shodan Tekki Nidan and Tekki Sandan Frank dispenses with the usual Bunkai applications and teaches a modern style of Traditional Shotokan Karate for the new breed of Karate practitioner An insight is given into the true meaning of these Kata revealed through 30 years of training across 3 continents This manual is for the serious student Instructor It includes History of Kata Mental Preparation and Concept Kata Training This second edition contains additional historical stories and new images Photos have been added to some of the Bunkai forms to increase learning *Chinte* John Van Weenen, 1983 **Jitte** John Van Weenen, 1983 **Shotokan Karate KATA** Joachim Grupp, 2002 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 which permit defence in close contact as well as at medium and long distance with your partner situations where the Kata can be applied are comprehensively explained in his 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 how to improve them in the daily training routine as well as in grading tests and competitions 17 Kata are presented in detail using the Bunkai method Heian 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 earlier Kata and Bassai sho and Nijushiho Gojushiho Gojushiho dai the advanced master Kata **Shotokan Karate Kata** Joachim Grupp, 2002 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 Kanku Sho 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 **Black Belt**, 2001-07 The oldest and most respected martial arts title in the industry this popular monthly magazine addresses the needs of martial artists of all levels by providing them with information about every style of self defense in the world including techniques and strategies In addition Black Belt produces and markets over 75 martial arts oriented books and videos

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