

A man in a white karate gi is captured in a dynamic pose, performing a high kick. He is wearing a white gi with a black belt and has his right leg extended upwards. His left arm is extended forward, and his right arm is bent at the elbow. The background is solid black, making the white gi stand out. The text "KARATE" is written in large, bold, red letters across the middle of the image, and "The Complete Kata" is written in white below it.

KARATE

The Complete Kata

Hirokazu Kanazawa

President of Shotokan Karate-do
International Federation

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