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# Karata C Da Kata 5 Heian 2 Tekki

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Heian 2 Tekki*

2020-11-21

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## **CRUZ MORGAN**

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### **Shôtôkan-Kata Up to Black Belt / Vol.**

**1** [www.shotokan-kata.com](http://www.shotokan-kata.com)

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 including many about the works of Bruce Lee, the best-known marital arts figure in the world.

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This book - like the first of the series - shall be a support for those who want to look up the details or even the entire sequence of a kata. The topic of this book are those kata you learn as advanced karateka, after having learned the kata up to black belt level. - Illustrated presentations of all techniques from three different perspectives - Clear and detailed graphics

- At-a-glance overview of all kata -  
 Supplementary explanations of difficult sections of kata - Explanations of Japanese terms through graphics  
 Content: Tekki nidan, Tekki sandan, Bassai shô, Kankû shô, Jitte, Gankaku, Chinte, Ji'in, Nijû shi ho, Sôchin, Wankan, Meikyô, Gojû shi ho dai, Gojû shi ho shô, Unsu.

Black Belt Walter de Gruyter GmbH & Co KG

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Shotokan Karate International Kata

Who has not been through this? You learn a kata, you practice it a few times, and then put it aside. And so it often happens that, in the middle of performing the kata, the karateka is not sure of the sequence and no longer knows how to continue the kata. "If only I could find some place to look it up," he thinks, "I'd soon master the whole sequence." This book is meant to be that desired reference book. - Illustrated presentations of all techniques from three different perspectives - Clear and detailed graphics - At-a-glance overview of all kata - Supplementary explanations of difficult sections of kata - Explanations of Japanese terms through graphics  
 Content: Taikyoku shodan, Heian shodan, Heian nidan, Heian sandan, Heian yondan, Heian godan, Tekki shodan, Bassai dai, Jion, Kankû dai, Empi, Hangetsu.

Black Belt

The fourth volume of this kata series expands and amplifies the broad spectrum of Bunkai - the analysis and comprehension of a technique or kata -

the karate style Shotokan. The main theme of this book is the master kata. The applications presented here, strictly adhering to the kata sequences, offer the reader the possibility to attain exact and comprehensive interpretations of the complex higher-level kata. The book, on a didactic basis, supports the reader by providing tips for tactics, principles and additional applications. - At-a-glance overview of all kata - Supplementary explanations of difficult sections of kata - Explanations of Japanese terms through graphics - Additional detail drawings for difficult applications - Concise drawings with all details From the contents: "... In the Shotokan kata, the style-typical techniques are repeated from the first to the last kata, again and again. This is the right way to do it since, as we all know, one cannot practice enough if one wishes to master a technique completely. For this reason there are many techniques in this book that have already been presented in the third volume, in different interpretations. But now those at higher levels are addressed, and one can and must require more. This is why some applications will differ from the kata

techniques somewhat more than before. The advantage is that additional applications are presented. The dan holder, having experience in karate, will have no problem implementing the complex Bunkai techniques or expanding them with his own perceptions. ..."

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#### *The 26 Shotokan-Kata at a glance*

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