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List of shotokan karate katas with instructions -

Moreover, to master these Shotokan Karate katas, you will have to learn basic Karate stances, Karate kicks, Karate blocks, Karate punches, etc. Black Belt Wiki

Belt testing guidelines for traditional japanese

Belt testing information for students and instructors of IMA Karate. Belt testing occurs 6 times a year. Dan testing occurs twice a year.

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Online resources for the Traditional Japanese Karate Network covering Shito-ryu, Goju, Shotokan and Okinawan martial arts including kumite, kata and bunkai video

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