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Kata Volume 1

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Kata, Volume Four

demonstrates advanced kata as taught by the Japan Karate Association, one of the most popular styles of karate in the world. Nijushi-Ho (Demonstrated by Sensei Bendickson)

This kata demonstrates the smooth buildup of internal strength and the impressive release of power that can be developed by the advanced karate-ka.

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**Shotokan Karate:  
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Advanced Shotokan Kata demonstrates kata as taught by the Japan Karate Association. Volume One includes Bassai-dai, Kanku-dai, Empi, Jion and Tekki Shodan. Instructors Joel Ertl and Anita Bendickson demonstrate each kata slowly with close-ups of difficult sequences,

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Kata Volume 1  
move by move and  
with the correct speed.

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Kata, Volume One This  
DVD presents the katas  
that are typically  
practiced at the levels  
of brown belt and the  
lower levels of black  
belt. These kata are  
also useful for any  
student that has a

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good understanding of  
the Heian katas.

**Shotokan Karate:  
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Kata, Volume Two is  
designed to help the  
advanced karate  
student learn these  
kata in-depth and with  
detail. The applications  
are not demonstrated  
in this DVD. For those  
wishing to learn the  
applications, check out



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our Kata Application

DVD series, also 1

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Kata, Volume Six

Gojushiho-dai, Meikyo,

Wankan, Jiin These are

very advanced katas in

the Japanese Shotokan

style of karate. This

DVD uses menus and

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jump directly to the section you want to practice.

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Kata introduced in  
Volume 1. This

completes the list of all  
the Shotokan Karate  
Kata. There are 9 Kata  
with Bunkai in this  
book: Sochin, Meikyo,  
Chinte, Kanku ...

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part of the repertoire and carry on from the 17 basic and advanced Kata introduced in Volume 1. This completes the list of all the Shotokan Karate Kata. There are 9 Kata with Bunkai in this book:

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KARATE DŌ KATA -  
Master Dario  
Marchini ...**

The Advanced Karate

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Manual is designed as a companion volume to Karate-Do Manual.

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**Karate Kihon Kumite  
Kata Volume 1**

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DVD uses menus and  
chapter to allow you to  
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section you want to  
practice. Included are  
detailed breakdowns  
and applications of the  
sequences in each  
kata. The kata  
Gojushiho-Sho,  
demonstrated by  
Sensei Ertl, is one of

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the longest katas in  
Shotokan karate.1

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advanced kata are presented in careful detail, with each technique broken-down and shown in close-up from several angles.

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Nidan, Tekki Sandan,  
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Instructors Joel Ertl and

Anita Bendickson

demonstrate each kata

slowly with close-ups of

difficult sequences,

move by move and

with the correct speed.

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Gojushiho-dai, Meikyo,  
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the Japanese Shotokan  
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kata.

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Excellent videos of traditional shotokan karate katas as taught by Hidetaka Nishiyama. Senseis Ertl and Bendickson provide clear, concise demonstrations and explanations of 6 advanced katas: Tekki Nidan, Tekki Sandan, Jitte, Hangetsu, Gankaku, and Sochin. This is a great companion video to

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