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cet ouvrage puis j'ai acquis cet ouvrage dont le format me paraissait plus conforme à la clarté nécessaire à la compréhension des katas. Hélas, le style Habersetzer est décevant : une flopée de description puis une flopée de dessins. Certes, les dessins sont de qualité mais il faut constamment aller d'avant en arrière et ...

Shotokan-Kata, tome 1 : Karaté -do Kata:
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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 seq...

Bunkai of Shotokan Kata for Black Belt and above sur ...

The Channan Kata were thought lost but rumour has it that a Chinese Master knows Channan 1,2 and 3. Master Itosu formed 5 Karate Katas from the long Channan Kata which he thought would be easier to ...

Shotokan Karate Heian Kata 1-5
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Shotokan Kata, Tome 1: Karat é Do Kata
by Roland Habersetzer

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Il n'y a pas tous les katas sup é rieurs, mais les essentiels. C'est assez simple à suivre (j'ai 40 ans de karat é en clubs derri è re moi) par contre cela me semble dur pour les d é butants, ce n'est pas trop le VD qui leur conviendra, il faudra qu'il prenne un plus basic, comme les kihons de base du m ê me Ma î tre par exemple. Moi, comme je n'avais pas de prof qui connaissait les katas j'ai d û ...

Shotokan Karate Kata [DVD]:

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TNT School of Martial Arts Shotokan
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mind one H ei: quiet, peaceful S hodan: first
level P eace, tranquility Characteristics. We
are not completely sure of the origin of the
Heian kata series, as the Masters of Karate
did not log. It is possible that they are of
Chinese origin Chanan; schools in southern
China and Okinawa ...

Karat é Shotokan: 1 er Dan
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