

## Karate The Complete Kata

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Among the most important aspects of karate practice are the kata, patterns of movement that are carefully choreographed and arranged in sequences. With Karate: The Complete Kata, Hirokazu Kanazawa, the foremost figure in the karate world today and a disciple of Gichin Funakoshi, the father of modern karate, offers the definitive work on the subject.

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Karate: The Complete Kata by Hirokazu Kanazawa at AbeBooks.co.uk - ISBN 10: 4770030908 - ISBN 13: 9784770030900 - Kodansha International Ltd - 2009 - Hardcover

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Karate: The Complete Kata: Written by Hirokazu Kanazawa, 2009 Edition, (1st) Publisher: Kodansha International Ltd [Hardcover] Hardcover - 16 Dec. 2009 by Hirokazu Kanazawa (Author)

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*Karate: The Complete Kata by Hirokazu Kanazawa*

Karate The Complete Kata. Posted on August 5, 2010 by David. This is a book recommended by my Sensei. It is one of the best karate books I have read. Kanazawa is one of Master Funakoshi's students, so from the outset you know you are in good hands. The book has all 26 of the Shotokan katas. Each kata has an introduction that describes the ...

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*Karate: The Complete Kata: Kanazawa, Hirokazu ...*

IF you practice Shotokan Karate or any of its variations (Japanese varieties such as Shotokai, Korean varieties such as Tang Soo Do/Soo Bahk Do Mu Duk Kwan, etc.) that use these kata, Then you will find this a valuable reference to help learn, practice and remember the kata covered.

*Amazon.com: Customer reviews: Karate: The Complete Kata*

Karate : The Complete Kata, Hardcover by Kanazawa, Hirokazu; Berger, Richard (TRN), ISBN 1568365179, ISBN-13 9781568365176, Brand New, Free P&P in the UK Discusses the practice of kata, patterns of movement that are carefully choreographed and arranged in sequences, and traces the history of karate's twenty-seven most important kata.

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