
The Shotokan Karate Bible 2nd Edition Beginner To Black Belt

technical manual - sbss - this technical manual serves as training and grading guidelines conducted under the sanctions of the traditional shotokan karatedo, singapore. the technical manual is compiled based on the materials and records from the karate union of great britain, and the current technical director shihan wo ng

shotokan terminology - trinity shotokan karate - main - the karate uniform. in shotokan karate a white, cotton gi is worn. karate gis come in different "weights" (cotton-content), shapes (tournament and classic), and prices. a lightweight, classic gi is perfectly appropriate for a beginner. **shotokan karate - hooveral** - shotokan karate is a traditional japanese martial art. the three main areas of methodology focus on are kihon (basics), kata (form) and kumite (free sparring). kihon includes various punching, kicking and blocking techniques, while kata is formal exercises derived from routine **karate terminology glossary by paul walker - shotokan sensei** - shotokan one of the main styles of karate sonkyo squatting position for mokuso soto outside, opposite of uchi sun-dome control of an attack (1 sun = 3cm) tai chi a chinese martial art taijudo weight transferral taikai tournament taikyoku-ken tai chi (in japanese) tai-sabaki body shifting tameshiwari board breaking tanden center point **international shotokan karate federation** - international shotokan karate federation grading syllabus for 9th kyu testing for 8th kyu (white belt testing for yellow belt) basics: all done in zenkutsu-dachi (front stance) ♦ stepping forward punching chudan level (stomach level) **history of shotokan karate** - history of shotokan karate. an accurate, well documented, history of shotokan karate is difficult to establish due to the decimation of okinawa during world war ii. most of the documented history we have today has been passed down through word of mouth or substantiated using secondary documentation. **international shotokan karate federation** - international shotokan karate federation grading syllabus for 7th kyu testing for 6th kyu (orange belt testing for green belt) basics: ♦ stepping forward punching sanbon-tsuki (three punch combination - first punch jodan , **kata kion, heian shodan, heian nidan, heian sandan, heian ...** - title: kata kion, heian shodan, heian nidan, heian sandan, heian yondan, heian godan, tekki shodan, bassai-dai, kanku-dai, empi, jion, hangetsu, bassai-sho,

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