



Shotokan Kata Up to Black Belt

Fiore Tartaglia

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Who has not been through this? You learn a kata, you practice it a few times, and then put it aside. And so it often happens that, in the middle of performing the kata, the karateka is not sure of the sequence and no longer knows how to continue the kata.

"If only I could find some place to look it up," he thinks, "I'd soon master the whole sequence."

This book is meant to be that desired reference book.

Content: Taikyoku shodan, Heian shodan, Heian nidan, Heian sandan, Heian yondan, Heian godan, Tekki shodan, Bassai dai, Empi, Jion, Hangetsu, Kankû dai.

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