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Beginner To Black Belt

## **The Shotokan Karate Bible Beginner To Black Belt**

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A comprehensive and authoritative guide to Shotokan karate. Shotokan is the world's most widely practiced style of karate. Every year, thousands of young karate students are taught Shotokan in clubs and schools (dojos) across North America. The Shotokan Karate Bible is a comprehensive illustrated guide suitable for all students of Shotokan karate, from beginners to those earning a black belt. The author outlines and explains the lessons for all 10 gradings.



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There are many styles of karate but the most widely practised outside of Japan is Shotokan Karate. Training in karate is normally divided into three sections: the basic technique; kata, or sequencing of techniques to imaginary opponents; and kumite, the sparring done with an opponent.

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