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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.

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Even today, many thousands of Shotokan Dojo practice these 26 Kata only (leaving out 1. Taikyoku Shodan or Kihon Kata) . Many other shotokan dojo have added Taikyoku shodan to the JKA list, which gives us the 27 kata below. If you practice other shotokan or non shotokan kata, please let us know. Here Are The 27 Shotokan Kata. 1.

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Karate: The Complete Kata by. Hirokazu Kanazawa. 4.51 · Rating details · 47 ratings · 2 reviews The martial art of karate can be practiced by anyone, regardless of age or gender, and can be undertaken at any time during a person's life.

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Karate: The Complete Kata : Hirokazu Kanazawa : 9784770030900
Kata is often described as a set sequence of karate moves organized into a pre-arranged fight against imaginary opponents. The kata consists of kicks, punches, sweeps, strikes, blocks, and throws. Body movement in various kata includes stepping, twisting, turning, dropping to the ground, and jumping.

Karate: The Complete Kata by Hirokazu Kanazawa
Through mastery of the various kata forms, the karate practitioner can develop not only physically but also mentally and spiritually. In this comprehensive new book, renowned karate master Hirokazu Kanazawa, founder of the Shotokan Karate-do International Federation and

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Karate: The Complete Kata is written by one of the world's leading karate masters, and arguably the most famous Shotokan master still alive today—Hirokazu Kanazawa, 10th degree black belt. Back in the early 1980s, Master Kanazawa released a two-volume book set covering the 26 standard Shotokan kata.

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