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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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Shotokan black book not bible. I think there a lot of books better than this, the only good things are the photos very clearly and all the forms/patterns shown to become black belt but there isn't a bible, the title lies, it's a good book; but in 2010 lot of study and research about karate are missing. We aren't samurai but we are human with a lot of opportunities like health science and this ...

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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

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kumite, the sparring done with an opponent.

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In 2003 he cofounded Just Karate Ltd., an organization that offers quality karate instruction (www.justkarate.co.uk) to private clients, at public classes, and at schools as part of physical education teaching. Start reading The Shotokan Karate Bible 2nd edition on your Kindle in under a minute. Don't have a Kindle?

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