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Books by G. Funakoshi (Funakoshi Gichin, November 10, 1868 April 26, 1957) is the founder of Shotokan Karate-Do, perhaps the most widely known style of karate, and is attributed as being the father of modern karate .

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Dedication To Keith Yates, Jim Toney, Barry Guimbellot, Steve Weiss, Russ Comerski, and Steve Rich, without whom this book would never have been written.

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KATA Shotokan Karate Ispra

The Shotokan Kata (Kyodo, Kiai 1, Kiai 2) Classification: Criteria for judging a Kata Event are as follow: Heian Shodan (21, 9-17) Heian Nidan (26, 11-26)

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Shotokan Kata

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