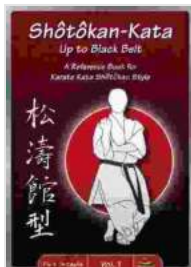


Shotokan Kata Up To Black Belt: The Ultimate Guide to Mastering the 26 Shotokan Kata



Shotokan Kata Up to Black Belt by Fiore Tartaglia

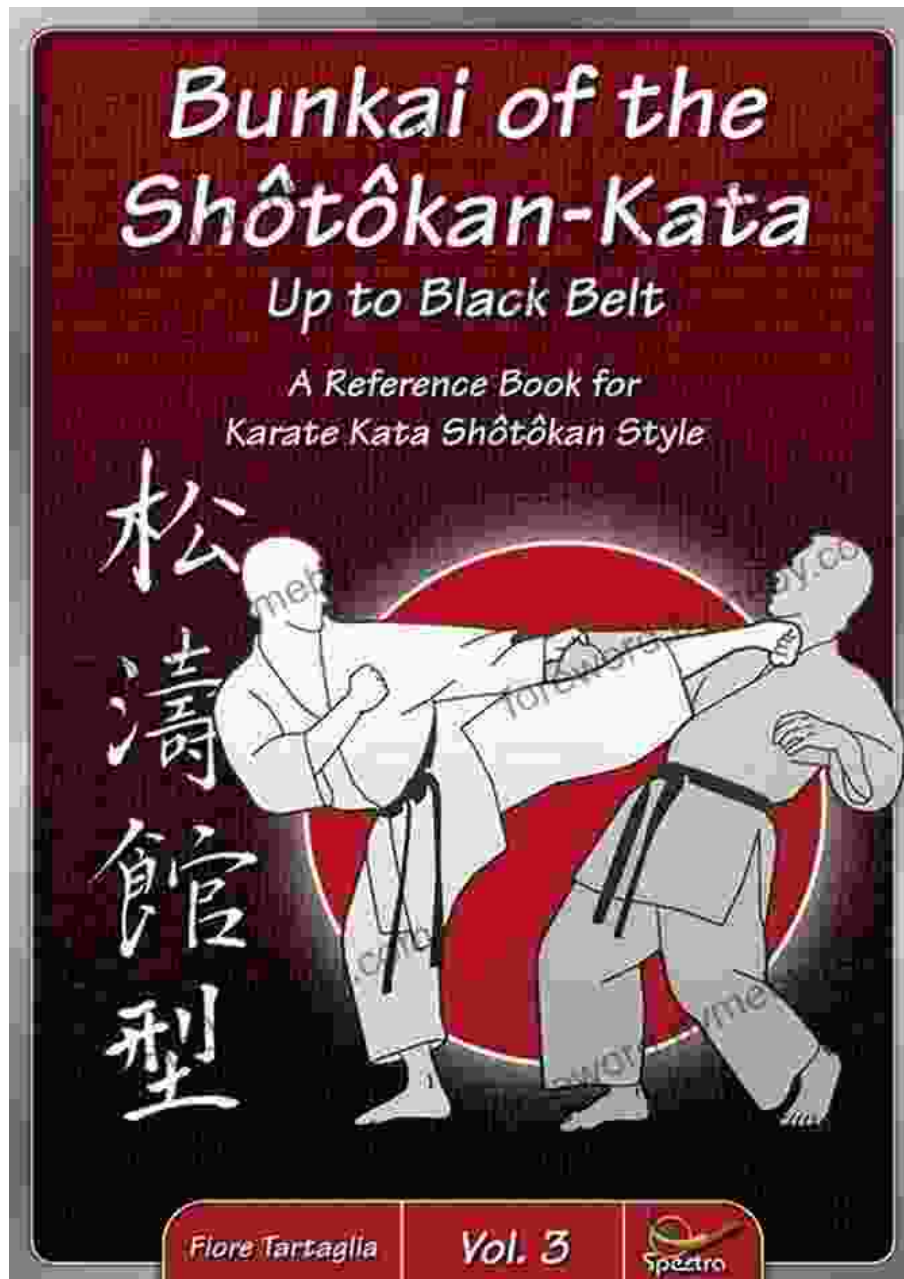
★★★★☆ 4.7 out of 5

Language : English
File size : 39475 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Print length : 117 pages
Lending : Enabled

FREE

DOWNLOAD E-BOOK





Shotokan Kata Up To Black Belt is the definitive guide to the 26 Shotokan kata, from beginner to black belt. Written by renowned karate master Shihan John Van Weenen, this book provides a wealth of knowledge and instruction for students of all levels.

The book begins with a comprehensive to the history and philosophy of Shotokan karate. Van Weenen then provides a detailed overview of the 26

Shotokan kata, including their origins, bunkai (practical applications), and technical requirements.

For each kata, Van Weenen provides step-by-step instructions and high-quality photographs that illustrate the correct techniques. He also includes variations and modifications for students of different levels.

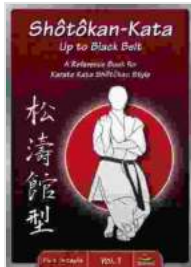
In addition to the kata, the book also covers a variety of other topics essential for Shotokan karate students, including:

- Basic techniques
- Stances and footwork
- Combinations and drills
- Self-defense applications
- Training methods

Shotokan Kata Up To Black Belt is an invaluable resource for any Shotokan karate student. Whether you are a beginner just starting out or a black belt looking to improve your skills, this book will provide you with the knowledge and instruction you need to succeed.

Shihan John Van Weenen is a world-renowned karate master and instructor. He has been training in Shotokan karate for over 50 years and has achieved the rank of 8th dan black belt. Van Weenen is the founder of the American Taekwondo Association and has taught Shotokan karate to thousands of students around the world.

Shotokan Kata Up To Black Belt is available now from all major booksellers. Free Download your copy today and start your journey to mastering the 26 Shotokan kata.



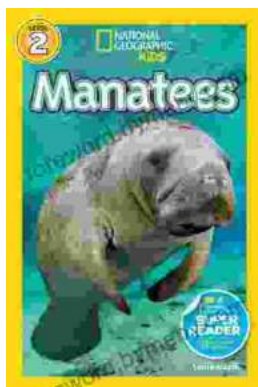
Shotokan Kata Up to Black Belt by Fiore Tartaglia

★★★★☆ 4.7 out of 5

Language : English
File size : 39475 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Print length : 117 pages
Lending : Enabled

FREE

DOWNLOAD E-BOOK



Dive into the Enchanting World of Manatees: An Unforgettable Journey with National Geographic Readers

Unveiling the Secrets of the Gentle Giants: A National Geographic Adventure In the serene waters of coastal ecosystems around the world, there lives an enigmatic creature...



The Farm Reggie and Friends: US Version - A Captivating Adventure for All Ages

A Heartwarming Tale that Embraces Diversity Step into the vibrant world of "The Farm Reggie and Friends: US Version," where diversity and friendship shine brightly....

