

- *Heian shodan*
- *Heian nidan*
- *Heian sandan*
- *Heian yondan*
- *Heian godan*
- *Tekki shodan*
- *Tekki nidan*
- *Tekki sandan*
- *Bassai dai*
- *Bassai shō*
- *Kanku dai*
- *Kanku shō*
- *Jion*

KARATE KATA

TOUS LES KATAS SHOTOKAN

- *Jiin*
- *Empi*
- *Jitte*
- *Hangetsu*
- *Gankaku*
- *Sōchin*
- *Meikyō*
- *Ninjūshiho*
- *Unsū*
- *Wankan*
- *Gojūshiho dai*
- *Gojūshiho shō*
- *Koryū Gankaku*



Guide Karate Katas

M Tight



Guide Karate Katas:

Unveiling the Magic of Words: A Overview of "**Guide Karate Katas**"

In a world defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their power to kindle emotions, provoke contemplation, and ignite transformative change is actually awe-inspiring. Enter the realm of "**Guide Karate Katas**," a mesmerizing literary masterpiece penned with a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve to the book is central themes, examine its distinctive writing style, and assess its profound effect on the souls of its readers.

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