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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 kumite, the sparring done with an opponent.

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Ashley P. Martin, "The Shotokan

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In 2003 he cofounded Just Karate Ltd., an organization that offers quality karate instruction

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