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while paying particular attention to form  
and timing (rhythm).

## ~~Shotokan Karate Kata~~

Karate, Shotokan, kata, Bunkai, mestre,  
Sensei, Funakoshi, Nakayama, Nishiyama,  
Enoeda, Hiroshi Shirai, Teiji Kase,  
Yahara, Kanazawa, Kagawa, Kawasoe,

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A bunkai demonstration step by step of Gankaku ???? (Shotokan) presented by Didier Lupo, 7th Dan et Nazih Asloun 5th dan from France. Bunkai of Goju Ryu Sensei Morio Higaonna is showing bunkai of the katas: Gekisai dai ichi, Gekisai dai ni and Shisochin.

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video ... 1:29. Female Team Kata



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Shotokan Karate Kanazawa Mastering  
Karate 04 Kyu Kata [Part 1] Series. 10:13  
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## Shotokan Kata Teil 2

of Bunkai – the analysis and  
comprehension of a technique or kata –  
the karate style Shotokan. The main theme  
of this book is the master kata.

~~SHOTOKAN KATA – eBooks and Apps~~

Der Kataablauf ist auf einer Seite  
zusammengefasst, so dass ein guter

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Überblick über den gesamten Ablauf  
möglich ist. Jede Situation in der Kata  
wird analysiert und in einer Anwendung  
dargestellt. Die Anwendungen sind  
komplexe Bunkai, so dass sie direkt zur  
Selbstverteidigung führen.

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Heian Nidan with Bunkai. Heian Shodan is the second kata in Shotokan Karate, and is taught during our special course "Shotokan through Yellow Belt" three times a year over a one month period. It is the final kata required for the rank of Yellow Belt. This video includes bunkai meaning demonstration applications for

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the kata. Each kata has numerous correct bunkai, and this video is intended as a demonstration of one such bunkai

~~MIT Shotokan Karate Club~~

The Katas are presented by Hirokazu Kanazawa in slow and normal speed. The application (Bunkai) of each Kata is

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demonstrated with a partner. The techniques are shown in slow-motion and from different angles.

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Katas with Bunkai ...~~

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