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~~Karate Blocks~~

~~Part 1 Shotokan~~

karate basics

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(2018-2019)

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...

Shotokan is a

form of self

defense that is

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built like a
strong house -
first a
formidable
foundation is
molded within a
student, and
then one brick
is layered on at
a time. Rather
than including
endless
variations and
techniques, the

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style focuses on a handful of powerful blocks, strikes, and kicks – and then perfecting the body alignment and concentration required to place them within an actual fight.

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Front foot

straightforward

at the knee.

Back foot turned

out 30-45

degrees (not 90

degrees) Feet

open wider than

shoulder-width.

Weight mostly on

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the leg (60%

front, 40% back)

In Shotokan

Karate, there

are 15 stances

in total.

However, these 3

are of the most

common which you

can apply in a

variety of

situations.

Basic Karate

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Moves for

Beginners -

Handerick

The Shotokan

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a comprehensive

illustrated

guide suitable

for all students

of Shotokan

karate, from

beginners to

those earning a

black belt. The

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author outlines and explains the lessons for all 10 gradings. The book is organized by belt, and a syllabus lists the requirements for achieving each new level.

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Karate Bible:

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Black Belt by

Guide To
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To Black Belt
Training in
traditional
Shotokan karate
is based around
three essential
elements: kihon
(basics), kata
and kumite
(sparring).

Kihon or basics
are the building

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beginners techniques of how to punch, strike and kick; how to block or parry attacks and how to put different combinations of all these together. Throws and take-downs are also included.

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Shotokan Karate

... Karate Beginner

Former British
Champion, Master

Jim Wilson,

shows basics

like never

before with

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explanations. A

must have for

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By Jesse Enkamp.
Do you practice
bunkai? Some
people say it's
the most

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important aspect
of Karate.

Teaching my
bunkai at KNX15:

Karate Nerd
Experience 2015

(video available
here). Others

say it's a waste
of time.

(Probably
because it

doesn't result
in getting shiny

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trophies.)

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Jesse
To Black Belt

Hot As a

Shotokan

student, you

will learn

stances, hand

strikes, foot

strikes,

blocking, katas,

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and kumite.

Sensei Jon Hodge
will be your
grading

instructor,
giving your
feedback and

guiding
critiques

through your
rank exams. This
is a self-paced
program, which
means there are

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no “forced
waits” in
between belt
tests.

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An authoritative
text supporting
the newcomer to
karate with all
they need to
know, up to
black belt

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level. Packed with photographs detailing techniques and kata (the combinations of techniques students need to master to progress through the belts) this book is designed to take the student step by

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step through the progression of Shotokan Karate, taking each belt in turn.

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Tournament;
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Beginner Kata -
Traditional
Shotokan Karate
For the first
class, just wear
normal work out
clothes and come
a few minutes
early to
stretch. .

Karate

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emphasizes
endeavoring and
perseverance,
and setting a
training goal is
important for
kids (and
adults!)

Training until
the first belt
test is
typically 2-4
months.

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Club

Introduction For

decades now, the

standard for

measuring

someone's

competency in

Karate has been

the colour of

their belt, more

specifically

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whether or not
they were a
black belt in
Shotokan
Karate... best
women's boxing
gloves for
beginners

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Finally, he
performs it at
full speed and

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power.
Beginners

Professionally

shot and

professionally

edited, this is

the perfect DVD

for those just

starting out in

karate and is

the perfect

follow up to

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taught all the
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