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***Shotokan Karate Lesson for
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Kyu White Belt*** White belt basic
techniques: 1) punches (oi-zuki) 2) rising
block (age uke) 3) outside block (soto
uke) 4) downward block (gedan ...

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Shotokan Karate Follow Along Class - 9th Kyu White Belt - Class #1 Follow along with **shotokan karate** 6th dan black belt, Jon Hodge, in this white belt class. Simply press play and give it 100% effort ...

Shotokan Karate Complete Guide by Hirokazu Kanazawa Vol 1

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Martial Arts for Beginners - Lesson 1 / Basic Karate Kid Techniques

Sensei James starts your journey in learning **karate**. He will teach you step by step from the basics to the advanced in the martial ...

shotokan 8 basic techniques

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***Shotokan Karate Complete Guide by
Hirokazu Kanazawa Vol 1***

Shotokan Karate For Beginners

***Beginners Guide to Shotokan A
beginners guide to Shotokan karate.***
Was made for a bit of fun.

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Karate for Beginners - Lesson 1 / KATA (Part 1) Sensei James starts your journey in learning **karate**. In this episode he shows you your first Kata, a big part of **karate** is kata, ...

Basic Karate Blocks - Part 1 In this video the five basic blocks of **Shotokan karate** are introduced, and the real

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meaning of the word "uke" is explained.

***Beginner's Guide to Karate
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Karate Terminology: Basic stances

(1) This video talks about the terminology of three of the main stances in **Shotokan Karate**.

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information ...

Basic Shotokan Karate Tutorials

***Shotokan Kata - All 26 Kata in
Shotokan Karate by Sensei Soon
Pretorius (Former JKA World
Champion)***

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A Beginner's Guide to Karate A Beginner's Guide To ... presents all sports participating in The World Games 2021 in Birmingham, AL (USA). #20: **KARATE ...**

8 KUMITE TIPS & STRATEGIES FOR BEGINNERS | by JASON LEUNG

What's up #KARATEFAM ;) This video is

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about kumite tips for karate beginners.
The fundamental components of a
skilled fighter ...

Martial Arts for Beginners - Lesson 1 Karate Fighting Basics Sensei

James starts your journey in learning
karate. In this episode he shows you
the basic kumite (fighting) stance,

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techniques ...

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