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SHOTOKAN KARATE - KATA 1



Condition: New. Publisher/Verlag: Meyer & Meyer Sport | Alle Katas zum 1. Dan. Optimale Prüfungsvorbereitung. Viele Trainingstipps | Katas sind das eigentliche Zentrum des Karate. Durch ihr kontinuierliches Üben erschließt sich das gesamte Spektrum der im Karate enthaltenen Möglichkeiten. Die Katas besitzen eine faszinierende Vielzahl von Techniken, die die Verteidigung in kurzer, mittlerer und langer Distanz ermöglichen. Diese entsprechenden Anwendungssituationen der Katas werden ausführlich dargestellt. In der Kata drückt sich zudem die Besonderheit eines Karatestils aus. Die in diesem Buch enthaltenen...

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- Authored by Grupp, Joachim
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