

Shotokan Karate Do Student Manual

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Heisui Dojo Shotokan Karate do Student Manual

January 3rd, 2019 - Welcome to the practice of Shotokan Karate do a traditional form of Japanese martial arts The goal of this booklet is to provide the new student with some basic information about Shotokan Karate do in general and to provide students of the Heisui Dojo Orono Community Martial Arts with specific information about class structure and practice

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January 18th, 2019 - Karate do Student Handbook for First name Last name Student ID Eric Rossini Sensei www massdojo com Shotokan Karate Karate can be described as a martial art or fighting method involving a variety of Students are expected to sit upright or stand at attention while in class

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January 11th, 2019 - Shotokan Karate do Student Manual The Dojo Kun Rules of the Training Hall Strive for Perfection of Character Protect the Way of the Truth Foster the Spirit of Effort Below is a list of sources of information that may be useful to students of Shotokan Karate do This is not a complete list and it is evolving over time

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January 16th, 2019 - teaching of "Shotokan" karate -do it is necessary for instructors to be familiar with the manual so that they are able to teach the correct techniques and guide their students to a higher level

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January 17th, 2019 - A complete shotokan karate home study course for students wanting online karate training to earn a black belt at home to learn beginner karate and to get the we will include the official shotokan karate do student patch On your gi place it on the left side of the chest over the heart started reading through the manual and begun

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January 16th, 2019 - STUDENT MANUAL 2014 10 24 1 Contents Karate Do " Empty Hand Way Literally translated from the Japanese words dojo or ring which students do not enter and exit from When lining up in class the students face the shomen which is where the head instructor sits Normally the

Traditional Shotokan Karate Distance Learning Home Study

January 17th, 2019 - The fundamental concepts as presented by Master Hodge are in alignment with Shotokan Karate Do and the original Okinawa Karate Do of Gichin Funakoshi The fundamental study of Hodge Karate Do Shotokan Karate Do through first degree black belt is in alignment with Master Funakoshi

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January 15th, 2019 - Origins of Karate Do Karate Do owes its composition to diverse ancient fighting techniques such as Egyptian bare handed fighting Roman gladiatorial combat Japanese sumo wrestling Indian and Persian foot fighting and the weaponless fighting found in Thailand Malaysia Cambodia Laos and Vietnam

KATA Coventry Shotokan Karate Club

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Reading Coventry Shotokan Karate Club

January 1st, 2019 - Coventry Shotokan Karate Club Student Manual
Recommended for CSKC Beginner Students This 100 page illustrative handbook provides new students with some of the history and philosophy of Shotokan Karate Do as well as background on the Coventry Shotokan Karate Club

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