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kokutsu dachi: back stance (in almost all Shotokan katas; usually first learned in Heian Shodan) kosa dachi: cross-legged stance (e.g. in the kata Heian Yondan) neko ashi dachi: cat stance (e.g. in the kata Bassai Sho) mitsurin dachi: jungle stance; renoji dachi: l-stance, or relaxed stance (e.g. in the kata Kanku Dai) teiji dachi: t-stance

~~List of shotokan techniques — Wikipedia~~

Kano was the founder of judo; hence, his invite allowed karate to gain Japanese acceptance. Joe Lewis: A karate tournament fighter that was voted the greatest karate fighter of all-time by Karate Illustrated in 1983. He was both a karateka and kickboxer. Chojun Miyagi: A famous early karate practitioner that named the Goju-Ryu style.

~~Martial Arts History: The Types of Karate — LiveAbout~~

Background. The four earliest karate styles developed in Japan are Shotokan, Wado-ryu, Shito-ryu, and Goju-ryu; most styles of Karate are derived from these four. The first three of these styles find their origins in the Shorin-Ryu style from Shuri, Okinawa, while Goju-ryu finds its origins in Naha. Shuri karate is rather different from Naha karate, drawing on different predecessor influences.

~~Comparison of karate styles — Wikipedia~~

Hara Shotokan Karate Academy. Shotokan karate instruction by sensei Ken Button in Scotter, Scunthorpe, Preston and Southport. Senior instructors Andy McDonald, Alan Hughes. hara shotokan academy HARA SHOTOKAN ACADEMY. Covid 19 ... File Size: 97 kb: File Type: pdf:

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The history of the martial arts style Shotokan karate begins with Gichin Funakoshi, a man who not only started the form but also helped to popularize karate in general. More recently, a UFC fighter by the name of Lyoto Machida has done quite a bit to bring the art of Shotokan to the forefront as well. Let's put it this way: Machida knows how to strike with devastating force before anyone ...

~~Martial Arts History: Shotokan Karate — LiveAbout~~

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~~Technical Resources — Shotokan Karate International ...~~

Shotokan Karate is the original and most popular style of Karate and differs from other styles by combining swift and dynamic techniques with controlled (non-contact) and powerful strikes. What is SHOTO? SHOTO is the SHOTokan Traditional Karate Organisation (UK) founded by Hanshi Mick Randall MBE 9th Dan, in 1996. Hanshi Mick Randall MBE is the ...

~~Frequently Asked Questions — Shotokan Traditional Karate ...~~

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Shotokan was the name of the first official dojo built by Gichin Funakoshi, in 1936 at Mejiro, and destroyed in 1945 as a result of an allied bombing. Shoto (松涛, Shōtō), meaning "pine-waves" (the movement of pine needles when the wind blows through them), was Funakoshi's pen-name, which he used in his

poetic and philosophical writings and messages to his students.

~~Shotokan~~—~~Wikipedia~~

Karate (空手) (/ k ə ' r ɑ : t i /; Japanese pronunciation: (); Okinawan pronunciation:) is a martial art developed in the Ryukyu Kingdom. It developed from the indigenous Ryukyuan martial arts (called te (手), "hand"; tii in Okinawan) under the influence of Kung Fu, particularly Fujian White Crane. Karate is now predominantly a striking art using punching, kicking, knee strikes, elbow ...

~~Karate~~—~~Wikipedia~~

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