

Shotokan Karate Manual

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karate ကာရာတဲ့ kə'ra:tɪ japanese pronunciation karate okinawan pronunciation karati also karate do ကာရာတဲ့ karate dō is a martial art developed in the ryukyu kingdom

karate is for everyone all ages all levels all backgrounds whether it's traditional or sport kata or kumite all styles and clubs are welcome karate is more than just technique it's a journey of

15 jan 2026 karate unarmed martial arts discipline employing kicking striking and defensive blocking with arms and legs with an emphasis on concentrating as much of the body's power as possible at

our mission is to foster excellence inclusivity and integrity within english karate whether for grassroots participation national competition or international representation

24 may 2025 the home of karate on bbc sport online includes the latest news stories results fixtures video and audio the world karate federation aims to promote karate as a sport and to inform about everything related to this activity

karate is a traditional japanese martial art it focuses on self defence and self development the word karate means empty hand in japanese often referred to as karate do meaning the way of the

14 dec 2025 a sustainable and dependable karate organisation which constantly seeks to develop the old ways and adapt them to meet new and quite different demands of the new generation of karateka

3 dec 2024 discover the fundamentals of karate its benefits and what beginners can expect in this comprehensive guide

what is karate learn about the history styles techniques and benefits of karate a traditional japanese martial art that builds strength discipline

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