



Bunkai of the Shotokan Kata Up to Black Belt

Fiore Tartaglia

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Bunkai – the analysis and understanding of a technique or kata - is an integral part of karate.

The different kata applications shown in this book are possible defense solutions, which will supplement or partially reinforce the existing knowledge of the reader. However, they are not the only way to interpret the kata.

The karateka, who wishes to gain more knowledge, will enrich his existing knowledge on the topic of Bunkai.



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