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This Technical Manual serves as training and grading guidelines conducted under the sanctions of the Traditional Shotokan Karate-Do, Singapore. The Technical Manual is compiled based on the materials and records from the Karate Union of Great Britain, and the current Technical Director Shihan Wo ng

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International Shotokan Karate Federation The International Shotokan Karate Federation (ISKF) was established in 1977. The ISKF coordinates efforts to bring ISKF programs and develop ISKF organizations throughout North, Central, and South America, and the Caribbean. The ISKF also administers the Instructors Training Program internationally.

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The Student Manual ... styles (such as Wado Ryu and Shotokan Karate-Do). A combination of Goju Ryu and Shorinji Ryu led to the development of Chito Ryu. Chojun Miyagi His training includes Karate-Do, Judo, Shorinji-Ryu, Kempo, Tai Chi, Ba Gwa, and Boxing under many

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Shotokan Karate-Do Student Manual . TNT School of Martial Arts Shotokan Karate-Do 1 Table of Contents
Karate History 3 Martial Arts Biography of Joshua Carrick 2 ... Mr. Joshua Carrick returned to Shotokan
Karate training in 2002 under chief instructor 6th degree Shihan Brad Jones. Mr. Carrick has been

Shotokan Karate-Do Student Manual

volume can not answer all the questions or truly reflect the Art in its entirety. Therefore, this training manual is not intended to replace constant, regular training in a karate dojo under the guidance of an experienced Black Belt instructor.

Goju Ryu Karate Do

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Finally, I wanted to write a book that would serve as a manual on weapons for years to come-a book that a student or a teacher would be proud to own and would refer to whenever they had a question on weapons or wanted a new technique. I feel that I have accomplished all of these goals in this book, The Complete Book of Karate Weapons.

To Keith Yates, Jim Toney, Barry Guimbellot, Steve Weiss

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