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Dedication To Keith Yates, Jim Toney, Barry Guimbellot, Steve Weiss, Russ Comerski, and Steve Rich, without whom this book would never have been written.

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### **Shotokan Kata**

The book, on a didactic basis, supports the reader by providing tips for tactics, principles and additional applications. From the contents: In the Shotokan kata, the style-typical techniques are repeated from the first to the last kata, again and again.

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