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The Execution Of The Three-minute Kata, Which Comes From The Four Main Styles Of Karate--Goju-Ryu, Shito-Ryu, Shotokan-Ryu And Wado-Ryu--is Scored Based On Speed, Rhythm, Balance, Sharpness And OLYMPICS/ 'Queens Of Kata' Kicks Off Games Debut, Sanchez Wins Gold Feb 15th, 2024

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Sep 10, 2011 · His Claim To Chinese Ancestry Is, At Best, Third Generation; Inherited From The Old Okinawan Karate Do Systems Like Goju Ryu Karate Do. I Have Been A Dedicated Martial Artist For 25 Years. I Started In The Modern Kenpo Systems Such As Ed Parker's Original Kenpo System, Action Kenpo Karate, And A Couple Of Others. Twitpic Feb 2th, 2024

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Shotokan Karate Kihon Kumite Kata Andress Said He's Been Studying The Shotokan Form Of Karate Since Farnham Said: Kumite— Sparring And Self-defense; Kata — Demonstration Of Form And Kihon – Basic Technique Like Napa Woman Leads Local Karate Academy A Highly Dynamic And Physical Art, The Japanes Feb 11th, 2024

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