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### **Kata Seishinkai Shotokan Karate International London Dojo**

karate kata in other sports are shadow boxing, dancing, and gymnastics floor routines. The karate player begins by standing at attention, bowing, and then by stepping in some particular direction throwing karate techniques.

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### **To Keith Yates Jim Toney Barry Guimbellot Steve Weiss**

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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