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Books by G. Funakoshi (Funakoshi Gichin, November 10, 1868 April 26, 1957) is the founder of Shotokan Karate-Do, perhaps the most widely known style of karate, and is attributed as being the father of modern karate .

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2. We shall practice courtesy. 3. We shall be quick to seize opportunity. 4. We shall always practice patience. 5. We shall always keep the fighting spirit of Karate-Do.

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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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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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