



# Karate Kata and Applications

*Vince Morris, Aidan Trimble*

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## **Karate Kata and Applications** Vince Morris, Aidan Trimble

A book of essential karate kata techniques, demonstrated by experts in the field of Shotokan karate. The kata are formal sequences or karate techniques, and Shotokan karate contains 26 of these. This volume covers the first six katas, and is aimed at beginners in the field. The authors have previously published "The Karate-Do Manual" and "The Advanced Karate Manual". Vince Morris has been four times British team champion, a successful international squad member in kumite and has represented Britain in Kata at the European championships. Aidan Trimble is World, European and British Champion in Kumite and twice winner of the English all-styles Kata Championships.

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