

Shotokan Karate Kihon Kumite Kata

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kihon is a japanese term meaning basics or fundamentals the term is used to refer to the basic techniques that are taught and practiced as the foundation of most japanese martial

kihon basics each kihon technique is typically performed three times basics that require more space e g two kick techniques are usually performed only twice kiai strongly when you execute the

kihon or simply known as basic fundamentals are mostly techniques that have derived from katas this form of training was originally introduced to aid us in understanding and developing our katas

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kihon meaning basics or fundamentals describes the practice and repetition of the basic techniques of karate
in fact kihon stemmed from kata as the means of instruction

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