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This book is an overview on the 10 keys needed to learn and develop practical kata applications regardless of what style or system your practice. Originally, kata held the fighting concepts and principles for a complete self-defence fighting system. However, in today's age, much of the practical aspect of karate has been lost in time.

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Kata Bunkai Applications

Press and hold the Windows logo key on your keyboard (this key should appear next to the Alt key), and then press the L key. Your computer will be locked, and the Windows 10 login screen will be displayed. Note: Any applications, files, Web pages, or other windows you opened before you locked your computer will remain open while your computer ...

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With right-hand pincer grip, moving from left to right, pick up keys and return to the basket and place the basket on the tray. Bring tray to the centre of the mat. Invite the child to have a turn. End the work cycle. CONTROL OF ERROR. Noise - dropping padlocks and/or key Colour coding of padlock and key . EXTENSIONS. Unlock a padlock in ...

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