



Intermediate Shotokan Karate: Unravelling the Brown Belt and First Black Belt Kata

Ashley Croft

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Intermediate Shotokan Karate: Unravelling the Brown Belt and First Black Belt Kata Ashley Croft

The kata form an integral part of the karate training syllabus and act as templates through which the vast range of different moves can be practiced, developed, and perfected. This volume provides instruction in the intermediate kata required for grading from 3rd kyu through to 1st dan black belt. The kata covered are Tekki Shodan, Basai Dai, Ji'in, Jion, Jitte, Kanku Dai, and Enpi. These kata are also a mandatory part of the black belt syllabus going forward through the higher dan grades. Alongside each kata, selected physical applications [bunkai] are provided for some of the moves to provide a more in-depth understanding.

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