

KATAER TIL BRUN

FRA 3. KYU

- Kanazawa: Den oprindelige version, som vi følger
- Alternativ: Andre der viser kataen
- Langsom version: Kataen bliver udført i et langsommere tempo end normalt
- Forklaret: Kataen bliver forklaret (på engelsk)

BASSAI DAI

Kanazawa: <https://www.youtube.com/watch?v=tXPZFarJMh0>

Forklaret: (Shotokan Sensei) <https://www.youtube.com/watch?v=E3AOtoeyKDo>

KANKU DAI

Kanazawa: https://www.youtube.com/watch?v=Jkv8Ks_fEqk

Forklaret: (Shotokan Sensei): <https://www.youtube.com/watch?v=djynOZXeXNU>

ENPI

Kanazawa: <https://www.youtube.com/watch?v=SW5907Eeo7c>

Forklaret: (Shotokan Sensei) <https://www.youtube.com/watch?v=Y8iVmLZNraU>

JION

Kanazawa: <https://www.youtube.com/watch?v=Lrr-c5RCKpo>

Forklaret: (Shotokan Sensei) <https://www.youtube.com/watch?v=ULm4TkkUqHY>