

SHOTOKAN KARATE-DO

KATA - BUNKAI

BURA

THE
MAN
WHO
HAS
THE
SOUL
OF
SAMURAI

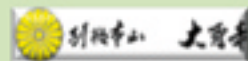


By **JORGEN BURA SENSEI**



Quote: N. Kobayashi Sensei

ENTER



By Appointment of Dashoji Imperial Temple of Japan

武
羅

This DVD Contents
SHOTOKAN KARATE-DO
KATA - BUNKAI

武
羅

Shotokan Kata-Bunkai Training

- Heian Shodan
- Heian Nidan
- Heian Sandan
- Heian Yondan
- Heian Godan
- Tekki Shodan
- Tekki Nidan
- Tekki Sandan
- Important points in Kata

Kata 1-8

Shotokan Kata-Bunkai Training

- Bassai Dai
- Kanku Dai
- Empi
- Hangetsu
- Jitte
- Gankaku
- Jion
- Important points in Kata

Kata 9-15