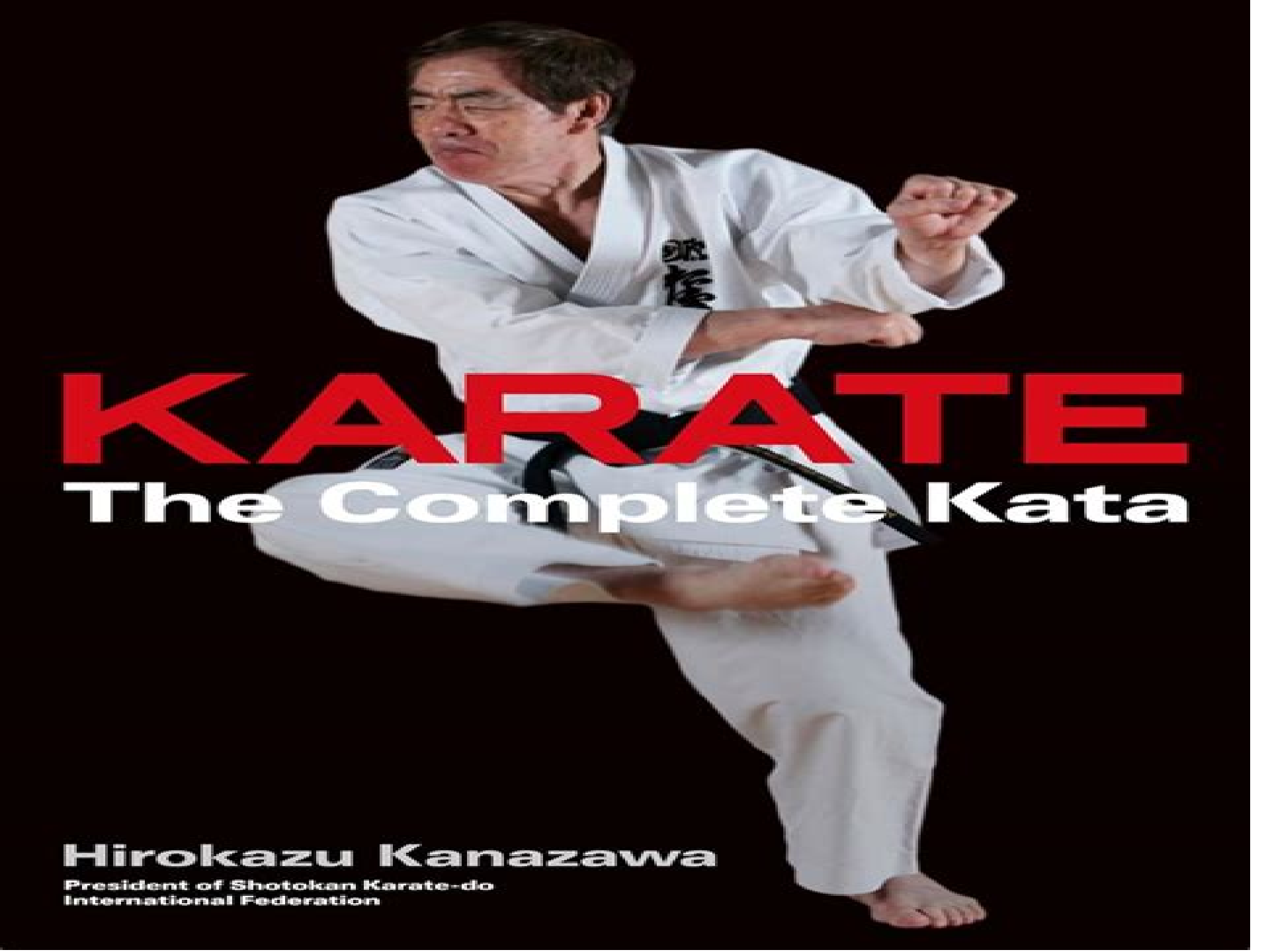


A man in a white karate gi is captured in a dynamic pose, performing a high kick. He is barefoot and has a black belt. His right leg is extended horizontally, and his left leg is bent. His arms are in a defensive or offensive stance. The background is solid black.

KARATE

The Complete Kata

Hirokazu Kanazawa

President of Shotokan Karate-do
International Federation

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