

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 upwards and forward, while his left leg remains on the ground. His arms are in a defensive or preparatory position. The background is solid black, making the white gi stand out. The title 'KARATE' is written in large, bold, red capital letters across the middle of the image, and 'The Complete Kata' is written in white capital letters below it.

KARATE

The Complete Kata

Hirokazu Kanazawa

President of Shotokan Karate-do
International Federation

Karate The Complete Kata

Daniela Niemeyer

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the author's name.

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