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karat kata les 30 katas

The IJF Kata World Championships is a competitive, highly attended event with delegations each year from every major country. The tournament features each of the five major competition katas

2015 world kata team

A LES MILLS™ instructor will challenge and draws from a wide array of disciplines such as karate, boxing, taekwondo, tai chi and muay thai. Supported by driving music, you strike, punch, kick and

fitness class descriptions

(Japan) - North American Premiere, Short Documentary. A fantastical and dramatic journey through the mind of 13-year-old Mahiro Takano, a long-time undefeated national kata karate form champion, who

tribeca fest unveils shorts selection; in-person screenings; blondie to perform live after 'blondie: vivir en la habana'

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