

## Best Karate Vol 11 Gojushihō Dai Gojushihō Sho Meikyo

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Recommendations | HIS Karate-Do Best Karate Vol.7 Jitte, Hangetsu, Empi § 32.95 The three kata in this volume are on the JKA recommended list and are notable for the sticklike use of the arms | Jitte, the circular movements of hands and feet coordinated with breathing | Hangetsu, and easy, agile movements, combined into continuous techniques | Empi