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**Kata Seishinkai Shotokan Karate International London Dojo**

karate kata in other sports are shadow boxing, dancing, and gymnastics floor routines. The karate player begins by standing at attention, bowing, and then by stepping in some particular direction throwing karate techniques.

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**Books by G Funakoshi Karate Do**

Books by G. Funakoshi ( Funakoshi Gichin, November 10, 1868 April 26, 1957) is the founder of Shotokan Karate-Do, perhaps the most widely known style of karate, and is attributed as being the father of modern karate .

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