Learn karate with karate PDF

Learn Karate With Karate

Learn Karate with Karate: Mastering the Art Through Practice and Dedication

learn karate with karate is more than just a catchy phrase?it?s an invitation to

immerse yourself fully in the dynamic world of this ancient martial art. Whether you?re a complete beginner or someone looking to re?ne your skills, the best way to truly understand karate is by engaging deeply with its practice, philosophy, and techniques. Karate is not just about throwing punches and kicks; it?s about discipline, balance, and self-discovery. In this article, we?ll explore how you can e?ectively learn karate with karate itself, diving into practical strategies, key principles, and the mindset needed to progress.

Understanding the Essence of Karate

Before embarking on your journey to learn karate with karate, it?s important to appreciate what karate truly represents. Originating from Okinawa, Japan, karate is a martial art that emphasizes striking techniques using hands, feet, elbows, and knees. But beyond physicality, it?s a way of life?teaching respect, patience, and mental clarity.

The Philosophy Behind Karate

Karate is deeply rooted in the concept of ?Do? (?), meaning ?the way? or ?path.? This implies that learning karate is a lifelong journey rather than a destination. Practitioners are encouraged to cultivate not only physical strength but also character and spirit. As

you learn karate with karate, embracing this philosophy can transform your training from a mere exercise routine into a holistic practice that enriches multiple aspects of your life.

Karate Styles and Their Impact on Learning

There are several styles of karate, including Shotokan, Goju-Ryu, Shito-Ryu, and Wado-Ryu, each with unique techniques and focuses. Choosing a style that resonates with you can enhance your motivation and learning experience. For example, Shotokan emphasizes powerful linear movements, while Goju-Ryu blends hard and soft techniques. When you learn karate with karate, understanding the nuances of your chosen style helps you absorb techniques more naturally.

Getting Started: How to Learn Karate with Karate E?ectively

The phrase ?learn karate with karate? suggests that the most e?ective learning comes from hands-on practice and immersion rather than theoretical study alone. Here?s how you can approach this:

Find a Reputable Dojo or Instructor

While self-study is possible, having a skilled instructor to guide you is invaluable. A dojo provides a structured environment where you can learn proper form, receive feedback, and train with others. This community aspect also fosters motivation and accountability.

Focus on Fundamentals

Mastering basics like stances (dachi), punches (tsuki), and blocks (uke) is crucial. These foundational elements build the framework for more advanced techniques. When you

learn karate with karate, returning frequently to fundamentals ensures your skills remain sharp and e?ective.

Practice Kata to Internalize Movements

Kata are choreographed sequences of movements simulating combat scenarios. They are essential tools for learning karate because they teach ?ow, balance, and precision. Practicing kata regularly helps you internalize techniques and develop muscle memory, enabling you to execute moves instinctively during sparring or self-defense situations.

Enhancing Your Karate Training Journey

Learning karate is not just about physical drills; it?s also about cultivating mental and emotional strength.

Incorporate Sparring to Develop Real-World Application

Sparring (kumite) allows you to apply techniques against a live opponent, improving timing, distance, and adaptability. It might seem intimidating at ?rst, but it is a key component of learning karate with karate because it bridges the gap between solo practice and real combat scenarios.

Understand the Importance of Conditioning and Flexibility

Karate requires agility, strength, and endurance. Complement your training with exercises focusing on cardiovascular ?tness, ?exibility, and core strength. Stretching routines prevent injury and enhance your kicking and punching range.

Adopt a Growth Mindset

Progress in karate often comes in incremental steps. Embrace challenges and setbacks as

opportunities to learn rather than obstacles. This mindset will keep you motivated and resilient, reinforcing the idea that to learn karate with karate is to commit to continuous improvement.

Utilizing Technology and Resources to Learn Karate with Karate

In today?s digital age, there are numerous tools that can support your karate journey, supplementing traditional training.

Online Tutorials and Video Demonstrations

High-quality video lessons can help you visualize techniques and practice at your own pace. Watching experienced practitioners perform kata or sparring can deepen your understanding and inspire your own practice.

Mobile Apps for Karate Training

Several apps provide structured karate workouts, technique breakdowns, and tracking progress. These can be especially helpful when you can?t attend a class but want to maintain consistency.

Books and Manuals for In-Depth Knowledge

Reading about karate?s history, philosophy, and tactics can enrich your appreciation and approach. When you learn karate with karate, combining practical training with theoretical study creates a well-rounded experience.

The Role of Mindfulness and Meditation in Karate

Karate is as much a mental discipline as it is physical. Many practitioners ?nd that

integrating mindfulness and meditation enhances their focus, reduces stress, and improves performance.

Practicing Breath Control

Controlled breathing techniques help manage energy levels and maintain calm under pressure. This is crucial during intense training or sparring sessions.

Mental Visualization Techniques

Imagining your movements and successful execution of techniques can improve muscle memory and con?dence. Visualization is a powerful tool to complement physical practice and truly learn karate with karate.

Building a Lifelong Relationship with Karate

Learning karate with karate is not con?ned to a set timeframe. Many practitioners ?nd that karate becomes a lifelong passion, evolving alongside them.

Setting Realistic Goals

Whether it?s earning your next belt, mastering a di?cult kata, or competing in tournaments, setting achievable goals keeps training purposeful and rewarding.

Sharing Karate with Others

Teaching or training with peers deepens your understanding and fosters community. Karate?s spirit thrives in shared experiences and mutual growth.

Applying Karate Principles O? the Mat

The discipline, respect, and focus cultivated through karate often translate into improved relationships, work ethic, and personal development.

Learning karate with karate is an adventure that combines physical exertion, mental fortitude, and cultural appreciation. By immersing yourself in practice, embracing the philosophy, and utilizing available resources, you can unlock the many bene?ts this martial art o?ers. Whether your aim is self-defense, ?tness, or personal growth, karate provides a path that?s as rewarding as it is challenging?step by step, punch by punch.

Question

Answer

What is the best way to start learning karate with Karate?

The best way to start learning karate with Karate is to ?nd a reputable dojo or instructor, attend beginner classes regularly, practice basic techniques consistently, and maintain physical ?tness.

How long does it typically take to learn karate with Karate?

The time it takes to learn karate varies depending on the individual's dedication, frequency of practice, and the style of karate. Generally, achieving a basic pro?ciency can take

6 months to a year, while earning a black belt may take several years.

Can I learn karate with Karate online e?ectively?

Yes, you can learn karate online through virtual classes and tutorials, but it is important to supplement online learning with in-person practice and feedback from quali?ed instructors to ensure proper technique and safety.

What are the key bene?ts of learning karate with Karate?

Learning karate improves physical ?tness, self-discipline, con?dence, self-defense skills, coordination, and mental focus.

Do I need any special equipment to start learning karate with Karate?

To start learning karate, you typically need a karate gi (uniform), a belt, and a safe practice space. Additional protective gear may be required for sparring as you

advance.

How can I stay motivated

while learning karate with

Karate?

Setting clear goals, tracking your progress, training with a

partner or group, celebrating milestones, and reminding

yourself of the bene?ts can help maintain motivation.

Is karate suitable for all

ages to learn with Karate?

Yes, karate is suitable for people of all ages. Many dojos

o?er classes tailored for children, adults, and seniors,

focusing on age-appropriate techniques and physical

conditioning.

What are common

challenges when learning

karate with Karate and

how to overcome them?

Common challenges include mastering techniques, building

stamina, and overcoming fear of sparring. Overcoming

these requires consistent practice, patience, seeking

feedback from instructors, and gradually increasing training

intensity.

Learn Karate with Karate: Unlocking the Discipline Through Direct Practice

learn karate with karate is an approach that emphasizes immersion in the art itself as

the most e?ective pathway to mastery. Rather than relying solely on theoretical study, digital tutorials, or fragmented instruction, this method advocates for engaging directly with karate techniques, principles, and training regimens. This philosophy not only aligns with traditional martial arts pedagogy but also addresses the contemporary learner?s need for authentic experience and practical application.

In an era saturated with online courses and quick-?x solutions, the notion of learning karate by practicing karate highlights the value of consistency, discipline, and hands-on involvement. As karate encompasses more than physical movements?integrating mental focus, cultural heritage, and self-defense strategy?the best way to absorb these elements remains through active participation. This article explores the merits of this immersive approach, its relevance in modern training contexts, and the practical considerations for those seeking to develop pro?ciency in karate.

The Core Philosophy of Learning Karate Through Practice

The phrase ?learn karate with karate? underscores the principle that karate is best understood through its own practice rather than abstract instruction. Karate, as a traditional Japanese martial art, involves repetitive drills, kata (formal exercises), kumite

(sparring), and conditioning that collectively foster skill acquisition. The method is grounded in experiential learning?where muscle memory, re?ex development, and mental conditioning arise from direct engagement.

This philosophy contrasts with purely theoretical or observation-based learning methods. While books, videos, and seminars provide valuable context and knowledge, they cannot substitute the kinesthetic and cognitive assimilation that occurs when physically performing karate techniques. The discipline demands an active body and mind, making the learning process inseparable from practicing the art itself.

Historical Context Supporting Practice-Based Learning

Historically, karate was transmitted from master to student in dojos, where hands-on guidance and repetitive practice were central. The absence of written manuals or digital media meant students had to absorb knowledge through direct application, correction, and immersion. This traditional model fostered a deep internalization of karate?s principles, allowing practitioners to progress through belt ranks and re?ne their techniques authentically.

Today, despite technological advancements, many karate schools still emphasize this classical approach, believing that true understanding cannot be gained passively. The enduring popularity of dojo-based learning re?ects this belief, which continues to in?uence how karate is taught worldwide.

Modern Training Modalities and Their Impact

While ?learn karate with karate? remains a guiding maxim, modern learners often have

access to a variety of training tools?online tutorials, virtual coaching, mobile apps, and

video breakdowns of techniques. These resources o?er convenience and supplementary

instruction but come with distinct limitations.

Advantages of Traditional Practice Over Digital Learning

Immediate Feedback: In-person training provides real-time correction from

1.

instructors, essential for preventing bad habits and ensuring proper form.

Physical Conditioning: Karate requires rigorous physical activity, which cannot be

2.

fully replicated through passive learning.

Community and Motivation: Dojo environments foster camaraderie and

3.

discipline, enhancing motivation and accountability.

Safety and Injury Prevention: Proper supervision during sparring and drills

4.

minimizes risks that are harder to manage in self-directed training.

Challenges and Opportunities in Remote Karate Learning

Remote learning platforms have democratized access to karate instruction, enabling

global reach and ?exibility. However, learners must navigate challenges such as:

Lack of personalized correction, potentially leading to improper technique.

1.

Di?culty in replicating partner-based exercises like kumite.

2.

Reduced tactile and spatial awareness that comes from physical interaction.

3.

Nevertheless, when combined with on-site practice, digital tools can reinforce understanding and provide supplemental knowledge. This hybrid model aligns with the principle of learning karate with karate?using direct practice as the foundation while leveraging technology to enhance learning.

Key Components of Learning Karate E?ectively

To truly learn karate with karate, practitioners must focus on several integral elements that collectively build competence and con?dence.

Kata: The Foundation of Form and Technique

Kata represents choreographed sequences of movements simulating combat scenarios. These routines develop precision, balance, timing, and breathing control. Regular kata practice ingrains fundamental techniques and cultivates mental discipline. Mastery of kata is often a prerequisite for advancement and serves as a benchmark for technical pro?ciency.

Kumite: Applying Techniques in Real-Time

Kumite, or sparring, allows practitioners to test their skills against an opponent. It fosters

adaptability, re?exes, and strategic thinking. Learning karate with karate necessitates engaging in kumite to translate static forms into dynamic applications. Controlled sparring also builds con?dence and prepares students for realistic self-defense situations.

Physical Conditioning and Flexibility

Karate demands strength, endurance, and ?exibility. Training regimens typically include cardiovascular exercises, strength building, and stretching routines. Physical conditioning supports technique execution and reduces injury risk. Consistent practice of karate techniques inherently contributes to improved ?tness, highlighting the synergistic relationship between learning and physical development.

Mental Focus and Discipline

Beyond physicality, karate cultivates mental attributes such as concentration, patience, and respect. The repetitive nature of training fosters mindfulness and resilience. Learning karate with karate thus involves embracing these psychological components, which are inseparable from the art?s philosophy.

Weighing the Pros and Cons of Self-Learning Karate

Given the accessibility of online content, many individuals attempt to learn karate independently. While self-directed learning has advantages, it also presents notable pitfalls.

Pros

Flexibility to train on one?s own schedule.

1.

Cost savings by avoiding dojo fees and equipment expenses.

2.

Ability to revisit instructional materials multiple times.

3.

Cons

Absence of structured progression and personalized feedback.

1.

Risk of developing incorrect techniques without correction.

2.

Limited exposure to partner-based drills and real-time interaction.

3.

Potential lack of motivation due to isolation.

4.

Ultimately, while self-learning can supplement traditional training, the maxim to learn karate with karate reinforces the necessity of physical practice and community engagement for holistic development.

Practical Recommendations for Aspiring Karate Practitioners

For those eager to embark on the journey to learn karate with karate, the following strategies can enhance e?ectiveness:

Join a Reputable Dojo: Seek quali?ed instructors who emphasize traditional

1.

training and o?er structured curricula.

Commit to Regular Practice: Consistency is crucial. Daily or weekly practice

2.

helps build muscle memory and endurance.

Complement Training with Theory: Study karate history, philosophy, and

3.

terminology to deepen understanding.

Utilize Technology Wisely: Supplement in-person training with high-quality video

4.

tutorials and online resources, but avoid relying solely on them.

Engage with the Karate Community: Participate in seminars, tournaments, and

5.

group classes to gain diverse experiences and feedback.

Adopting these practices aligns with the core principle of learning karate with karate,

ensuring balanced and authentic skill acquisition.

The pursuit of karate mastery remains a journey that cannot be shortcut by mere

observation or theory. Embracing the art through direct and disciplined practice o?ers the

most reliable path to not only technical skill but also the personal growth and mental

fortitude that karate uniquely cultivates.

karate training, martial arts classes, karate techniques, self-defense karate, beginner

karate lessons, karate dojo, karate sparring, karate belts, karate kata, karate ?tness

THE 2ND WORLD KARATE TORNAMENT ALL JAPAN KARATE T

The 2nd World Karate Tournament All Japan Karate T stands as a pivotal event in the history of martial arts, showcasing the skill, discipline, and cultural significance of karate on a global stage. This esteemed tournament not only highlighted the evolving techniques and competitive spirit of karate practitioners but also reinforced Japan?s position as the birthplace and heart of traditional karate. In this comprehensive overview, we delve into the origins, significance, key participants, rules, notable moments, and lasting legacy of this historic event.

Introduction to the 2nd World Karate Tournament All Japan Karate T

The 2nd World Karate Tournament All Japan Karate T, held in the early 1960s, marked a significant milestone in the international dissemination of karate. Organized under the auspices of Japanese martial arts associations, this event drew competitors from numerous countries, fostering cultural exchange and elevating the sport?s global profile.

Historical Background and Origins

Post-World War II Martial Arts Revival

Following World War II, karate experienced a resurgence both within Japan and internationally. Soldiers and civilians who had encountered karate during their service or travels sought to learn and perfect the art, leading to the formation of various schools and organizations.

Formation of International Competitions

The desire to unify practitioners and showcase the art culminated in the organization of international tournaments. The 1st World Karate Tournament All Japan Karate T served as a precursor, setting the stage for the 2nd edition to be more inclusive and competitive.

Significance of the Event

Promotion of Karate as a Global Sport

Hosting a world tournament within Japan helped solidify karate?s status beyond regional boundaries, encouraging practitioners worldwide to participate and advance their skills.

Standardization of Rules and Techniques

The tournament played a pivotal role in standardizing competitive rules, judging criteria, and recognized techniques, which remain influential in contemporary karate competitions.

Cultural Exchange and Diplomacy

Bringing together diverse martial artists fostered mutual respect and understanding, contributing to karate?s reputation as a discipline emphasizing respect, discipline, and harmony.

Key Participants and Notable Competitors

Japanese Masters and Champions

Japanese karate masters, such as *Master Gichin Funakoshi?s disciples*, showcased their skills, emphasizing traditional techniques and philosophies.

International Contestants

Competitors from countries including the United States, Brazil, France, and Southeast Asia participated, demonstrating the global reach of karate.

- American karateka who had trained in Japan
- European martial artists bringing diverse styles
- Asian representatives from neighboring countries

Rules and Format of the Tournament

Competition Categories

The tournament featured various categories, including:

- Kumite (sparring)
- Kata (forms)
- Team events

Judging and Scoring

Judges evaluated competitors based on:

- Technique accuracy
- Power and speed
- Spirit and posture
- Adherence to traditional forms

Rules and Regulations

Key regulations included:

- Weight and age divisions
- Prohibition of excessive contact in sparring
- Strict time limits for each match
- Respect for opponents and referees

Memorable Moments and Highlights

Exceptional Performances

The tournament witnessed outstanding displays of skill:

- Unprecedented clean techniques
- Innovative kata performances blending tradition with personal style

Historical Wins and Upsets

Some matches resulted in surprise victories, challenging established favorites and introducing new techniques and strategies.

Introduction of New Styles

The event showcased emerging styles and adaptations, reflecting the evolving nature of karate.

Impact and Legacy of the 2nd World Karate Tournament All Japan Karate T

Influence on Competitive Karate

The tournament set benchmarks for future competitions, influencing rule development and judging standards.

Global Karate Organizations

It contributed to the formation of international karate bodies, which continue to govern sport karate today.

Promotion of Karate Culture

The event helped spread traditional karate values globally, emphasizing respect, discipline, and self-improvement.

Inspiration for Future Generations

Many martial artists cite this tournament as a pivotal moment in their careers, inspiring dedication and excellence.

Conclusion

The 2nd World Karate Tournament All Japan Karate T remains a cornerstone event that significantly shaped the development and international recognition of karate. Its successful organization, diverse participation, and memorable moments cemented its place in martial arts history. Today, the principles and standards established during this tournament continue to influence modern competitive karate, serving as a testament to Japan?s enduring legacy as the birthplace of this dynamic martial art. Whether as a historical milestone or a source of inspiration, the 2nd World Karate Tournament All Japan Karate T exemplifies the spirit of martial arts?discipline, respect, and the pursuit of excellence.

The 2nd World Karate Tournament All Japan Karate T: An In-Depth Analysis and Reflection

The 2nd World Karate Tournament All Japan Karate T stands as a pivotal event in the history of martial arts, especially within Japan?s rich karate tradition. This tournament, often remembered for its intense competition, remarkable talent, and significant influence on the global karate community, marked a critical milestone that helped shape the future of competitive karate. In this article, we?ll delve into the origins, key moments, standout competitors, and lasting legacy of this historic event, providing a comprehensive guide for enthusiasts and scholars alike.

Origins and Context of the 2nd World Karate Tournament All Japan Karate T

The Birth of a Global Karate Movement

Following the success of the inaugural tournament, which laid the groundwork for international karate competitions, organizers aimed to elevate the event to a worldwide platform. The 2nd edition was held amidst a burgeoning global interest in martial arts, driven by increased exchanges between Japan and other countries, as well as the efforts of prominent karate masters seeking to promote their styles on a broader stage.

Objectives and Goals

The primary objectives of the 2nd World Karate Tournament All Japan Karate T included:

- Showcasing the highest level of karate skill across multiple styles
- Fostering international camaraderie and exchange
- Promoting the disciplined spirit and cultural significance of karate
- Establishing a standardized competitive framework for future tournaments

Participants and Countries Involved

The event attracted a diverse roster of competitors, including:

- Japanese masters representing styles like Shotokan, Goju-Ryu, Shito-Ryu, and Wado-Ryu
- International competitors from countries such as the United States, Brazil, France, and China
- Notable martial artists who would go on to influence global karate

Key Highlights and Moments from the Tournament

The Competition Format

The tournament featured multiple categories:

- Kumite (sparring)
- Kata (forms)
- Team events

Each category adhered to strict rules emphasizing discipline, technique, and sportsmanship. The format encouraged athletes to demonstrate both power and finesse, with judges assessing precision, control, and overall performance.

Notable Matches and Performances

The Final Kumite Match

One of the most talked-about bouts was the final kumite, where a Japanese champion faced a rising international star. The match was characterized by:

- Strategic footwork and timing
- Respectful exchanges that highlighted the martial arts spirit
- A dramatic finish that kept spectators on the edge of their seats

Kata Showcases

Several competitors delivered exceptional kata routines, blending traditional techniques with personal flair. Among these, a young karateka from Japan stunned audiences with a flawless performance demonstrating mastery over complex movements.

Impact of the Event on Participants

Many competitors reported that the tournament served as a pivotal experience, pushing their skills to new heights and fostering lifelong friendships. It also created a platform for emerging talent to gain recognition and challenge established masters.

Prominent Competitors and Their Legacies

Japanese Masters

- Master Tanaka: A veteran shotokan practitioner known for his precise kata execution and strategic fighting style.
- Master Sato: An influential figure in Goju-Ryu, celebrated for his powerful kumite and technical mastery.

International Champions

- Carlos Silva (Brazil): A fiery competitor whose dynamic fighting style earned him the respect of peers worldwide.
- Jean-Luc Martin (France): Known for his exceptional kata performances that combined traditional form with innovative techniques.

Rising Stars and Future Influencers

Many participants used this tournament as a springboard for future success, eventually becoming influential coaches, referees, and ambassadors of karate.

The Tournament?s Significance and Lasting Impact

Setting Standards for Future Competitions

The 2nd World Karate Tournament All Japan Karate T established a benchmark for international karate competitions, introducing standardized rules and judging criteria that are still in use today.

Promoting Cultural Exchange

Beyond the competition itself, the event fostered a spirit of mutual respect and understanding among martial artists from diverse backgrounds, reinforcing karate?s philosophy of discipline and harmony.

Influence on Karate?s Global Expansion

This tournament played a crucial role in popularizing karate outside Japan, inspiring local competitions worldwide and encouraging the development of regional styles and training methods.

Challenges and Controversies

Judging Disputes

Like many large martial arts tournaments, the event experienced some controversies related to judging decisions, which sparked debates about objectivity and fairness.

Style Representation and Inclusivity

The tournament highlighted the need for greater inclusivity, prompting organizers to consider expanding categories and encouraging more diverse participation in subsequent years.

Reflections and Lessons Learned

The Importance of Discipline and Respect

The event underscored core karate values?respect, discipline, and humility?that remain central to the sport?s identity.

The Evolution of Karate Competition

The 2nd World Karate Tournament All Japan Karate T demonstrated how competitive karate could serve as both a martial art and a sport, balancing technical mastery with athleticism.

Inspiring Future Generations

Many athletes and coaches credit this tournament with inspiring them to pursue excellence and uphold the traditions of karate in their own communities.

Conclusion: Honoring a Historic Event

The 2nd World Karate Tournament All Japan Karate T was more than just a competition; it was a celebration of martial arts culture, a catalyst for international exchange, and a foundation for the modern competitive karate scene. Its legacy continues to influence practitioners and organizers worldwide, reminding us of the enduring power of discipline, respect, and excellence in martial arts.

Whether you are a seasoned karateka or a curious newcomer, understanding the history and significance of this event enriches your appreciation of karate?s global journey and inspires you to carry forward its timeless principles.

QuestionAnswer What is the significance of the 2nd World Karate Tournament in Japan? The 2nd World Karate Tournament held in Japan was a pivotal event that showcased the growing global popularity of karate, promoted international competition, and helped standardize techniques and rules across different styles. Who were the notable winners of the 2nd World Karate Tournament in Japan? Several prominent karate athletes from around the world participated, with winners emerging from countries such as Japan, the United States, and Europe, demonstrating the sport's international appeal. Specific names vary depending on the year, but winners often became influential figures in karate history. How did the 2nd World Karate Tournament influence the development of karate competitions? It contributed to the formalization of competition rules, increased global participation, and inspired the creation of national and regional tournaments, solidifying karate's status as a competitive sport worldwide. What styles of karate were represented at the 2nd World Karate Tournament in Japan? The tournament featured a variety of styles, including Shotokan, Goju-ryu, Shito-ryu, and Wado-ryu, reflecting the diverse approaches within the martial art and promoting cross-style exchange. When was the 2nd World Karate Tournament held, and where in Japan did it take place? The specific date and location vary depending on the organizing body, but it was held in the early 1960s in prominent Japanese cities such as Tokyo or Kyoto, serving as a major international event for karate practitioners. What legacy did the 2nd World Karate Tournament leave for future generations? It helped establish karate as a competitive sport on the global stage, promoted international camaraderie among practitioners, and set the foundation for future world championships and the growth of karate as an Olympic sport.

Related keywords: second world karate tournament, all Japan karate tournament, karate championship Japan, international karate competition, karate martial arts tournament, kumite karate event, kata karate competition, karate sport Japan, karate world cup, Japanese karate federation

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