

Kata References

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San Ten No Kata		San Ten No Kata	Vincent A. Cruz	All
Taikyoku Shodan	First Cause	Karate-Do Kyohan	G. Funikoshi	42
Heian Shodan	First Peaceful Mind	Best Karate #5	M. Nakayama	16
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Shi Ho Hai	A Battle on Four Fronts	SY reference sheet		
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