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## Kata Video's

Posted by Stephen - 2008/06/19 14:32

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If you find any examples of Judo kata that you feel yo wish to share please feel free to do so.

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## Re:Kata Video's

Posted by Jonesy - 2008/06/22 20:58

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Hopefully a consolidated list of some kata demonstration video resources available on the Internet. A source is quoted for each one of the 8 Kodokan recognised kata. The quality of performances not vouched for in every case.

1. Nage-no-Kata: {youtube}A7hDH\_KHf9o{/youtube}
2. Katame-no-Kata: {youtube}LZIGWrL6ceQ{/youtube}
3. Ju-no-Kata: {youtube}DII5oqzTbF0{/youtube}
4. Kime-no-Kata: {youtube}BvxJYM\_LsHw{/youtube}
5. Kodokan Goshin Jutsu: {youtube}LxbFOP-xlz8{/youtube}
6. Itsutsu-no-Kata: Features in <http://video.google.com/videoplay?docid=831679537872276466>
7. Koshiki-no-Kata: {youtube}e3xFGrWXZjs{/youtube}
8. Seiryoku-Zen'yo Kokumin-Taiiku <http://video.google.es/videoplay?docid=-17...219933375&hl=es>

Also, a reference for the non-Kodokan Gonosen-no-Kata

9. Gonosen-no-Kata: {youtube}NAWuO3-4JdA{/youtube}
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## Re:Kata Video's

Posted by Stephen - 2008/06/23 00:06

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Thank you Llyr, I hope you dont mind me editing them so that they are now embedded, i will have a good look through them now

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