
International Seito Karate Kenkyukai

Martial Arts Clubs and Exercise Classes. Re Examining Channan The Lost Kata of Itosu

Martial Arts Clubs and Exercise Classes

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'Re Examining Channan The Lost Kata of Itosu

September 1st, 2012 - When the legendary Winston Churchill once described Russia as 'a riddle wrapped in a mystery inside an enigma' some people could swear he was actually talking about a Karate kata named Channan 'chan what now'

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