

Shotokan Karate:: Your Ultimate Grading and Training Guide (White to Black Belt)

Phil Pierce



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- The Three Pillars of Shotokan and Grading Requirements, Including;
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This expert guide has been compiled to help you through the belts, and pass each grade at the highest mark.

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*Please note all Martial Arts training are subject to instructors discretion and content may vary by area. This book is a guide only and no substitute for in class learning. Good Luck!

This guide is a summary of the essential information and does not include illustrations of every technique or Kata movement.



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