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[Martial Arts for Beginners - Lesson 5 / Basic Karate Cobra Kai - KATA MOVES \(Part #1\)](#)

Martial Arts for Beginners - Lesson 5 / Basic Karate Cobra Kai - KATA MOVES (Part #1) von World Wide Karate Guide vor 2 Jahren 6 Minuten, 27 Sekunden 69.256 Aufrufe In this episode he shows you your first Kata, a big part of , karate is , kata, a group of movements that show speed, power, balance ...

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