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web jul 1 1998 judo kata présente les
8 formes classiques du kodokan 1 nage
no kata 2 katame no kata 3 kime no

kata 4 goshin jutsu 5 ju no kata 6
itsutsu no kata 7 koshiki no kata 8
seiryoku zenyo kokumin taiiku no kata
et kime shiki