

New Audio Files

Last Updated Mon, 24 Aug 2009

The web site has been updated and now includes more audio files to help you with your upcoming gradings.

This now covers counting, dojo kun and karate terminology. This includes a version for testing yourself both verbally & physically as there is a pause after each technique to allow yourself to say your answer or perform the technique in the comfort of your home.

Just what you need for grading practice, no excuses now - get it on your Ipod or Iphone!

See here:

Terminology & Counting

Dojo Kun

Do not forget there is also a picture database of most karate techniques - which allows you to search and categorise techniques

Please leave feed back on the forums to let us know how you get on with it or if you would like other audio files/tests.