

**Kata Videos to Watch**  
**Tournament**

Posted by: glenn

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JKF Gojukai Kata

Kata Saifa

<http://www.youtube.com/watch?v=l-guWxDMC94>

Kata Seipai

<http://www.youtube.com/watch?v=yyfhF-7A7So>

Performed at JKF Gojukai Championships

kata suparinpei

<http://www.youtube.com/watch?v=H-RN-dPeFqc>

All Lower grade Katas are on our Facebook site under Seiwakai  
and Giffs are on this site please join

Regards Glenn