

# Beginners Guide To Shotokan Karate

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Front foot straightforward at the knee. Back foot turned out 30-45 degrees (not 90 degrees) Feet open wider than shoulder-width. Weight mostly on the leg (60% front, 40% back) In Shotokan Karate, there are 15 stances in total. However, these 3 are of the most common which you can apply in a variety of situations.

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