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Lawrence Elcock began his Karate training in Bedford with Shotokan instructor at the time Sensei John Van Weenen who later Karate Kihon (Basics)

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This is a list of techniques practiced in the Shotokan style of karate.

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Ceska karate

At that time the club was a member of the Traditional Association of Shotokan Karate (TASK, Bedford), with Chief Instructor Sensei John Van Weenen.

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