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Mark E. Colgan Current Karate Rank: 5 Dan Shuri Ryu, 62006 - 2007 USKA National Point Champion In Black Belt Men Kata (forms) And Kobudo (weapons). 2007 USKA All-American USKA World Champion In Black Belt Men Kata (forms) 2008. The List Above Is Not Complete, Keeping Track Of Personal Accolades Has Never Been My Motivation For Competition, However, As A Competitor, I Have Placed In Top 3 In Every USKA & PKC Tournament I Have Participated In ... 2th, 2024Goju Ryu Karate Kyohan Gogen YamaguchiGoju-ryu Karate

Shito-ryu Karate-do Kofukan Training GuideShito-ryu Karate-do Kofukan Training Guide 8th Kyu Senior Stances Zenkutsu Dachi (long Fighting Stance) Musubi Dachi (fig.1) Heiko Dachi (fig.2) Punches Jodan Oizuki – Front Hand Punch To Face (between Nose And Top Lip) Chudan Oizuki – Front Hand Punch To Solar Plexus) Gedan Oizuki – Front Hand Punch To Below Naval 1th, 2024TANI-HA SHITO-RYU KARATE-DO KOFUKAN SLOVENIJATANI-HA SHITO-RYU KARATE-DO KOFUKAN SLOVENIJA Glavni Inštruktor: Anton Maruša, 6.DAN, Novo Celje 6, 3301 Petrovče, Slovenija, T/F: +386 (0) 3 5707 188 2th, 2024SHITO-RYU KARATE-DO KOFUKAN INTERNATIONAL WORLD CUP RULES ...SHITO-RYU KARATE-DO KOFUKAN INTERNATIONAL WORLD CUP RULES & REGULATIONS September 2014 GENERAL Competition Will Be Held On Four, Five Or Six Tatamis, Size According To WKF Rules. The Organizer Of The Tournament Cannot Be Held Responsible For Any Injury To Competitors, Spectators Or Other Participants Howsoever Caused. ENTRY LIMITS 4th, 2024. SHITO-RYU KARATE-DO KOFUKAN INTERNATIONAL Shihan Keiji Tomiyama 8 Dan (Tasshi) Øystein Graf 6 Dan, Domenico Graziano 6 Dan Og Michael Johansson 6 Dan Påmelding Påmelding Klubbvis Eller Individuelt Til Michael@santokai.no. For Mer Informasjon Michael Johansson På Mobil 901 22 091 Betaling Kr. 500, - For Begge Dager, Eller Kr. 350/dag. 1th, 2024

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