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Shito-Ryu Karate-Do Kyoju Yoku (Essential Curriculum)6. Shuto Sword (knife) Hand 7. Shotei Palm Heel 8. Ippon Ken One Knuckle, One Point Fist 9. Shuho "Mountain Hand" (back Knuckle Of A Peaked Hand) 10. Urashuto Inverted Sword Hand (ridge Hand) 11. Yubi Hasami Thumb And Forefinger "scissors" 12. Hira Basami Full Hand "scissors" 13. Kot Jun 2th, 20242 Geschichte Des Shito-Ryu Karate-DoHier Erlernte Er Auch Einige Formen Des Weißen Kranich Kung-fu Stils (Fukien 'White-Crane-Fist') Und Des Pangai-Noon (hart Und Weich) Von Dem In Okinawa Lebenden Chinesischen Händler Meister WU XIAN GUI (GO KENKI). Die Jun 1th, 2024Shito Ryu Karate Do Kyoju Yoko3. Harai Uke Middle Area Downward Parry 4. Ninoude Uke Back Of Forearm (hirakote) Inward Block 5. O-ura Uke Large Circle Inverted Forearm Block 6. Shuto Uke Sword Hand Block 7. Kakete Hooking Hand Block 8. Wa Uke Two Arm Circular Block 9. Kosa Uke Crossed Arms Block (palms Downward) 10. Kote Uke Back Of Hand Block 11. Uke Nagashi Inward Palm ... Jun 16th, 2024.

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Kofukan Karate Champi-onship At Chennai. Mas-ter. S. Balakrishnan, Std. XI Won The 2nd Place In +70 Kg Category School Parliament Members 2017-2018 1st South Zone Na-tional Rural Games Was Organized By The Tamil Nadu Rural Games A S S O C I A T I O N . May 13th, 2024Official Shito Ryu Training Manual - Bit Of NewsSHINBUKAN Shito-ryu Karate BASICS For Beginners | Part 1 Can You Learn Karate From Books? | ART OF ONE DOJOHayashi- Ha Shito-Ryu Shitoryu Karate-do KARATE BELT GRADING (Japan Shitoryu) Trying Shito Ryu Karate (Kofukan) 5 Basic Combination For Kumite Workout Final Female Kata. Rika Usami Of Iapan. Feb 3th, 2024.

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