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Shito-ryu Karate-do Kofukan Training Guide Shito-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 6th, 2024 SHITO-RYU KARATE DO KOFUKAN KARATE AUSTRALIA SHITO-RYU KARATE DO KOFUKAN KARATE AUSTRALIA 2017 www.KarateKwinana.com FOR THE STUDENTS OF KWINANA DOJO . Training Times & Fee . Grading Gradings Are Held At The End Of Every Term However Not Every Will Be Ready To Grade At This Time. O Grading Fees Are Payable At The Dojo Before The 13th, 2024 Kofukan Shito-Ryu Ka-Kofukan Shito-Ryu Ka-rate School, India Organ-ized The 8th Tamil Nadu 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 National Rural Games Was Organized By The Tamil Nadu Rural Games ASSOCIATION . 10th, 2024.

TANI-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 7th, 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 11th, 2024SHITO-RYU KARATE-DO KOFUKAN INTERNATIONAL Kofukan NorgeSHITO-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. 6th, 2024.

Resultat RM Shito-ryu Karate-do 13/5 2017Resultat RM Shito-ryu Karate-do 13/5 2017 Damer Yng. Junior Kumite -54kg 1 Sandra Mellin Botkyrka Shukokai KK 2

Saron Abraha Botkyrka Shuklokai KK 3 Filippa Wernström Botkyrka Shukokai KK 3 Juliette Daar Team Sanshin Damer Yng. Junior Kata 14-15år 1 Emelie Le Karlskoga KF 2 Johanna Övelius Wakajishi KK 3 Moa Degerholm Botkyrka Shukokai KK 15th, 2024TANI HA SHITO RYU KEMPO - Kofukan.asso.frKARATE DO SHUKOKAI TANI HA SHITO RYU KEMPO . DIMANCHE 19 Mai MATIN KATA Contrôle Catégories Début Prévisionnel 09h00 Benjamin 09h30 09h30 Pupille 10h00 10h00 Poussin 10h30 11h00 Mini-Poussin 11h30 Remise Des Récompenses à 12h DIMANCHE 19 Mai APRES-MIDI KUMITE Contrôle Catégories Début Prévisionnel ... 13th, 2024Shito Ryu Karate StancesShito Ryu Karate Stances What Are The Various Types Of Karate, Okinawa Goju Ryu Karate Do Kyokai Online Martial Arts, Comparison Of Karate Styles Wikipedia, Inoue Ha Shito Ryu Singapore Home Facebook, Curriculum Seito Shito Ryu Karate, Moto Shito Ryu, Basic Karate ... 17th, 2024. ALL JAPAN SHITO-RYU KARATE-DO SEIKOKAI ASSOCIATIONInvolved In Goju For 46 Years And Is A Former Student Of Higaonna Sensei (IOGKF). The Seminar Worked On Many Kata, With Sensei Oberkar Taking Time To Compare The Similarities Between The Goju And Shito Kata With Colin. Sensei Ron Matthews (Head Instructor ... 14th, 2024Shito Ryu Karate - Eccsales.honeywell.comMas Oyama's Complete Karate Course-Masutatsu Oyama 1998-01-01 A Great Karate Master Reveals His

Philosophy And Techniques For Practicing The Great Martial Art. Aggressive Defense- David James Christian 2020-05 The First Comprehensive Book On Blocks, Parries, And Head Movement In Martial Arts Covers Everything You Need 2th, 2024 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 13th, 2024.

2 Geschichte Des Shito-Ryu Karate-Do Hier 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 16th, 2024 Istoria Shito-ryu (Kenwa Mabuni-Fondator) Okinawa Pe Nume Woo Yin Gue Câteva Miscari De Kung -fu Respectiv TAO (varianta Japoneza De Kata) ca Mai Apoi Sa Studieze Cu Amanuntire Tehnicile Fukien "pumnul Alb" Si Alte Forme De Pangai Noo 2th, 2024 Shito Ryu Karate Do Kyoju Yoko 3. 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 ... 14th, 2024.

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