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**Gankaku Crane On A Rock”**

Complete The Step Backwards Toward 6 O'clock With Your Right Foot Into Back Stance As Your Foot Reaches Its Stance Position, Bring Both Hands Up From Your Right Hip To A Point In Front Of Your Face Towards 12 O'clock Your Left Arm Is Bent At 90 Degrees, Fingers Facing Up Towards The Ceiling And Slightl 4th, 2024

**40 Years Of Zendo Karate Tao-Te-Tao And Idokan Karate ...**

14 ID O Ourna Artia R Nthropology” Ol 16 O 1 216 Bodo Blumentritt: 4 Dan Zendo Karate Tai-te-tao: 5 Dan Jujutsu (Munich & Weichs, Germany); Gerhard Jung: 4 Dan Zendo Karate Tai-te-tao: 7 Dan Jujutsu (Augsburg, Germany). As At 2015 There Is A Group Of Outstanding Karateka Of The Zendo Karate Tai-te-tao Style Who Practise Directly By Soke In The German Honbu. 3th, 2024

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**GoJuRyu Karate Terms And Kanji - Home - Seitou Ryu Karate**

Ku “Koo” (as In The Word “cookoo”) Kumite Ke “Keh” (as In The Word “kept”) Ken Or Uke Or Kake Ko “Koh” (as In The Word “Cocoa”) Kohai Kya “Keeyah” Kyakkō Kyu “Keeyu” (as In The Word “Cute”) Kyuk 3th, 2024

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Goju Ryu Karate Do Sakura Kai. Kids Karate. Masatoshi Nakayama Karate Shotokan. Karate How To Pass Dynamic ... 2020 - Dynamic Karate Usa Is A Martial Arts School Offering Karate Classes In Lawrenceville Ga For Kids Men And Women Dynamic Karate Usa Is Located At 875 Oak Rd ... 4th, 2024

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**CHITO RYU KARATE Chito Ryu Karate Do**

Chito-ryu Karate-Do Published In The Interest Of Chito-ryu Karate By The U.S. Hombu TSURUOKA MASAMI - 10th DAN On May 13th, 2006 Masami Tsuruoka Was Awarded 10th Dan By The Technical Committee Of The National Karate Association Of Canada By The President Sebastian 5th, 2024

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