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Shotokan Goju Ryu Feb 8th, 2024.

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Word “cookoo”) Kumite Ke “Keh” (as In The Word “kept”) Ken Or Uke Or Kake Ko
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Word “Cute”) Kyuk Feb 6th, 2024Shoshin Ryu Yudanskakai Shoshin Ryu
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After Being Ill The Previ-ous Weekend, He Went To See His Doctor, Who Promptly
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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 ... Apr 5th, 2024Goju Ryu Karate Kyohan Gogen YamaguchiGoju-ryu Karate Master MORIO HIGAONNA 10th Dan(pt.1) Worlds Greatest Goju-ryu Karate Master MORIO HIGAONNA 10th Dan (pt.3) Goju Ryu Basics Power Training Of Goju Ryu Sugino Sensei 10th Dan Master Of Katori Shinto Ryu The Most Dangerous Punch | Okinawa Karate | Masaaki Ikemiyagi | 剛柔流の奥義 | 剛柔流の奥義 | 剛柔流 ... Feb 5th, 2024Karate Do Wado Ryu By Ohtsuka HironoriMay 29th, 2020 - In 1991 Master Suzuki Took Over From Ohtsuka Sensei In Protecting The Essence Of Wado Ryu And Established The Wado International Karate Do Federation Wikf In Addition To His Acplishments In Karate Professor Suzuki Is A 2 Nd Dan In Tenshin Koryu Bo Jitsu Stick Fighting And A 1st Dan In Judo He Has Also Studied Zen Doctrine With The' Feb 9th, 2024. 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 Feb 3th, 2024
TANI-HA SHITO-RYU KARATE-DO KOFUKAN SLOVENIJA
TANI-HA SHITO-RYU KARATE-DO KOFUKAN SLOVENIJA
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SHITO-RYU KARATE-DO KOFUKAN INTERNATIONAL WORLD CUP RULES & REGULATIONS
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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.
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SHITO-RYU KARATE-DO KOFUKAN INTERNATIONAL Kofukan Norge
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. Apr 8th, 2024

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