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Mark E. Colgan Current Karate Rank: 5 Dan Shuri Ryu, 6

2006 – 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 ... 1th, 2024

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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 1th, 2024

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TANI-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, 2024

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