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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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CHITO RYU KARATE Chito Ryu Karate Do

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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 4th, 2024

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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

TANI-HA SHITO-RYU KARATE-DO KOFUKAN SLOVENIJA

TANI-HA SHITO-RYU KARATE-DO KOFUKAN SLOVENIJA
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