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Kokutsu dachi



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Neko ashi dachi

Abwehrtechniken / Uke waza



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Soto uke



Uchi uke



Shuto uke



Gedan barai



Gedan nagashi uke



Moriote uke



Te nagashi uke



Kakawake uke



Manji uke

Handtechniken / Te waza



Oi zuki



Cyōku zuki



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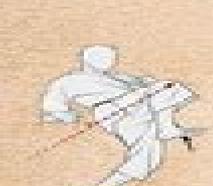
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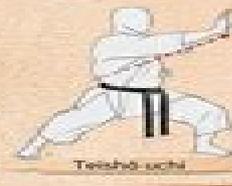
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Karate Training Methods

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