



KARATE-TECHNIKEN

松清館空手道

Stellungen / Dachi



Musubi dachi



Hachi ji dachi



Heisoku dachi



De no ji dachi



Kōra dachi



Sanchin dachi



Zenkutsu dachi



Kokutsu dachi



Kiba dachi



Hangetsu dachi



Fudo dachi



Neko ashi dachi

Abwehrtechniken / Uke waza



Age uke



Soto uke



Uchi uke



Shuto uke



Gedan barai



Gedan nagashi uke



Moriote uke



Te nagashi uke



Kakusōke uke



Manji uke

Handtechniken / Te waza



Oi zuki



Cyōku zuki



Kizami zuki



Ura zuki



Kagi zuki



Tate zuki



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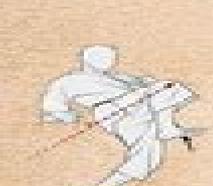
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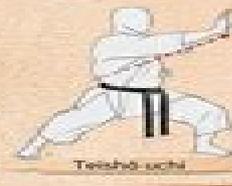
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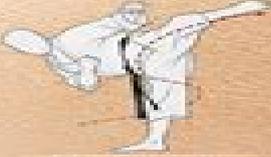
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Karate Training Methods

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Karate Training Methods:

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In a fast-paced digital era where connections and knowledge intertwine, the enigmatic realm of language reveals its inherent magic. Its capacity to stir emotions, ignite contemplation, and catalyze profound transformations is nothing lacking extraordinary. Within the captivating pages of **Karate Training Methods** a literary masterpiece penned by way of a renowned author, readers attempt a transformative journey, unlocking the secrets and untapped potential embedded within each word. In this evaluation, we shall explore the book's core themes, assess its distinct writing style, and delve into its lasting effect on the hearts and minds of those who partake in its reading experience.

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