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Shitoryu/Shukokai Karate Grading Syllabus This Is The Syllabus Of Requirements For KOI Shitoryu/Shukokai Examinations 8th KYU YELLOW BELT Front Hand Punch - (mae Ken Tsuki). Pull The Outstretched Leading Hand Sharply Back At About Shoulder Level And Punch Out At Face Level. Note That The Fist Makes Only A Part Turn And Finishes With The Thumb ... Jan 13th, 2024

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GoJuRyu Karate Terms And Kanji - Home - Seitou Ryu Karate

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 Feb 9th, 2024

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1 BA SHI - The Eight Basic Stances The Foundation Of Kung Fu By Richard Miller
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