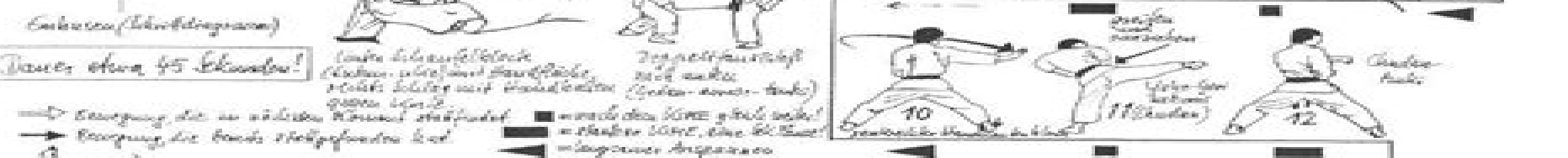
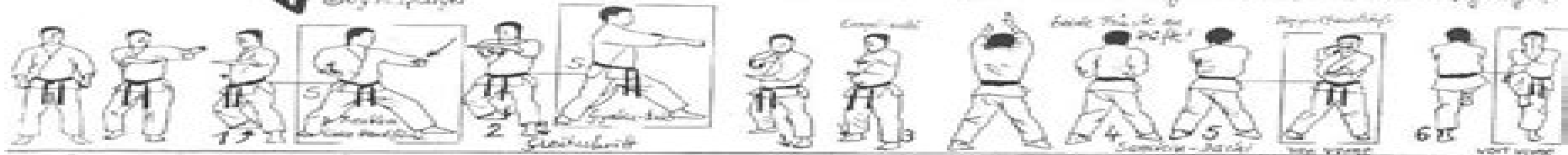


Nijushiko

@by A. Flügel

Die Kata der 14 klorite Trübsen Name NISSEI. Nishikata mit der Kata NISSI. Gewaltschrei: wala, fliegende Wagnisse von einer Taktik in die andere (1-3), Wechsel von langsam und schnellen Bewegungen.



Charakteristika Wiederholungen:
1-12 und 13-15
21-24 und 27-30 außerdem 25 (Handflächenbühnen)
Besonderheiten: Haltung Gendai-Dachi (1, 5 und 11-14)
Doppelte Faustschläge (Karat-Dachi) 1, 5, 10, 12
Doppelte Handflächenschläge (10 und 14)
Welle Gleichschritts von nach rechts
Ausführliche Charakteristika

Yame!
Vom 32. bis 34. in fliegende Folge ohne Pause in etwa 3 Sekunden

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DP Hallahan

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Table of Contents Karate Manual Diagrams

1. Understanding the eBook Karate Manual Diagrams
 - The Rise of Digital Reading Karate Manual Diagrams
 - Advantages of eBooks Over Traditional Books
2. Identifying Karate Manual Diagrams
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Karate Manual Diagrams
 - User-Friendly Interface
4. Exploring eBook Recommendations from Karate Manual Diagrams
 - Personalized Recommendations
 - Karate Manual Diagrams User Reviews and Ratings
 - Karate Manual Diagrams and Bestseller Lists
5. Accessing Karate Manual Diagrams Free and Paid eBooks
 - Karate Manual Diagrams Public Domain eBooks
 - Karate Manual Diagrams eBook Subscription Services
 - Karate Manual Diagrams Budget-Friendly Options

6. Navigating Karate Manual Diagrams eBook Formats
 - ePub, PDF, MOBI, and More
 - Karate Manual Diagrams Compatibility with Devices
 - Karate Manual Diagrams Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Karate Manual Diagrams
 - Highlighting and Note-Taking Karate Manual Diagrams
 - Interactive Elements Karate Manual Diagrams
8. Staying Engaged with Karate Manual Diagrams
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Karate Manual Diagrams
9. Balancing eBooks and Physical Books Karate Manual Diagrams
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Karate Manual Diagrams
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Karate Manual Diagrams
 - Setting Reading Goals Karate Manual Diagrams
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Karate Manual Diagrams
 - Fact-Checking eBook Content of Karate Manual Diagrams
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
 - Integration of Multimedia Elements

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- Interactive and Gamified eBooks

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