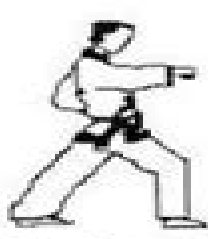




Ready Stance



Turn left
Front Stance
High Block



Step Through
Front Stance
High Punch



Turn 180°
Long Turn



Front Stance
High Block



Step Through
Front Stance
High Punch



Turn Left
Front Stance
High Block



Step Through
Front Stance
High Punch



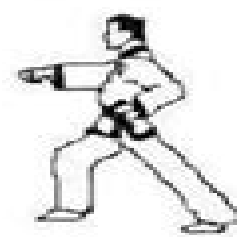
Step Through
Front Stance
High Punch



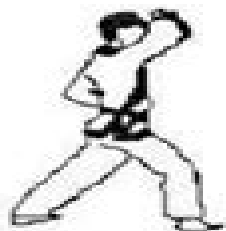
Step Through
Front Stance
High Punch
Kiyup!



Turn 270° degrees
Front Stance
High Block



Step Through
Front Stance
High Punch



Turn 180° degrees
Front Stance
High Block



Step Through
Front Stance
High Punch



Turn Left
Front Stance
High Block



Step Through
Front Stance
High Punch



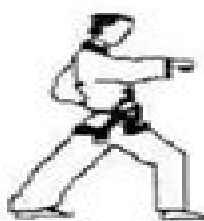
Step Through
Front Stance
High Punch



Step Through
Front Stance
High Punch
Kiyup!



Turn left
Front Stance
High Block



Step Through
Front Stance
High Punch



Turn 180°
Long Turn



Front Stance
High Block



Step Through
Front Stance
High Punch



Ready Stance

Karate Moves Guide

Tao Wei

A red circular graphic with a gradient, appearing as a stylized arrow or a decorative element, positioned to the right of the 'Tao Wei' text.

Karate Moves Guide:

Ignite the flame of optimism with Get Inspired by is motivational masterpiece, Find Positivity in **Karate Moves Guide** . In a downloadable PDF format (*), this ebook is a beacon of encouragement. Download now and let the words propel you towards a brighter, more motivated tomorrow.

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