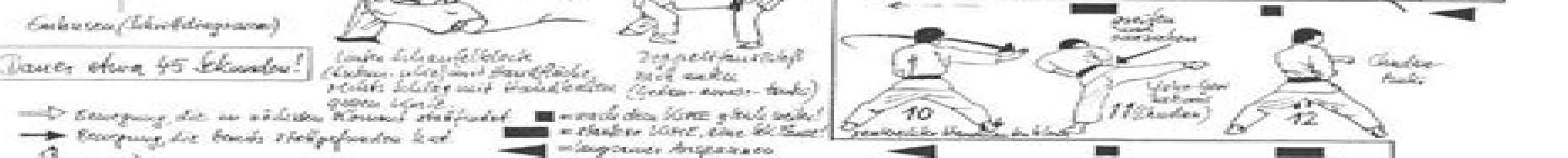
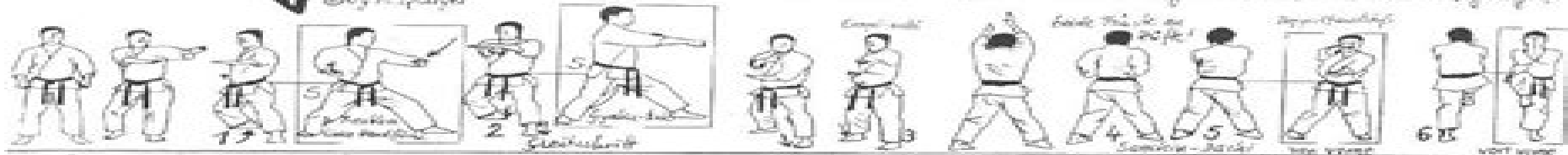


Nijushiko

@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 (Handzeichenwechsel)
Besonderheiten: Stellung Gendai-Dachi (1, 5 und 11-14)
Doppelte Handzeichen (Karat-Dachi) 1, 5, 10, 12
Doppelte Handzeichen (10 und 12)
Welle Handzeichen von nach rechts
Ansprüchige Handzeichen

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

Karate Manual Diagrams

KJ Lindholm-Leary

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the author's name.

Karate Manual Diagrams:

Unveiling the Magic of Words: A Report on "**Karate Manual Diagrams**"

In a world defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their ability to kindle emotions, provoke contemplation, and ignite transformative change is really awe-inspiring. Enter the realm of "**Karate Manual Diagrams**," a mesmerizing literary masterpiece penned by a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve in to the book is central themes, examine its distinctive writing style, and assess its profound impact on the souls of its readers.

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