



空手

KARATE

TE / Handtechniken



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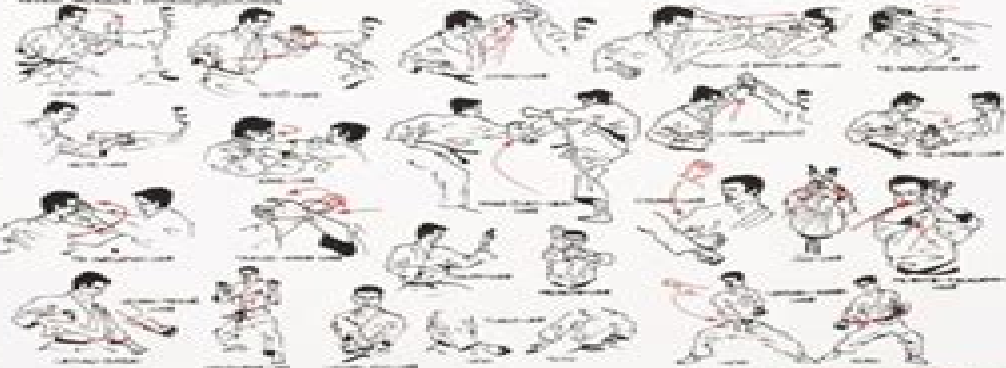
NEGI-WAZA / Grappletechniken



KICKI-WAZA / Grappletechniken



UKE-WAZA / Abwehrgrappletechniken



KARUWAZA



TAKENIWAZA



KENSETSU YU

Kenjutsu is the art of swordsmanship. It is a martial art that has been practiced for centuries. It is a martial art that has been practiced for centuries. It is a martial art that has been practiced for centuries.

WAKO YU

Wakou is the art of wrestling. It is a martial art that has been practiced for centuries. It is a martial art that has been practiced for centuries. It is a martial art that has been practiced for centuries.



Handbook For Basic Karate

Gary Freeman,Jonathan Bentman



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