



空手

# KARATE

## TE / Handtechnique



## TRIKI-WAZA / Grappling



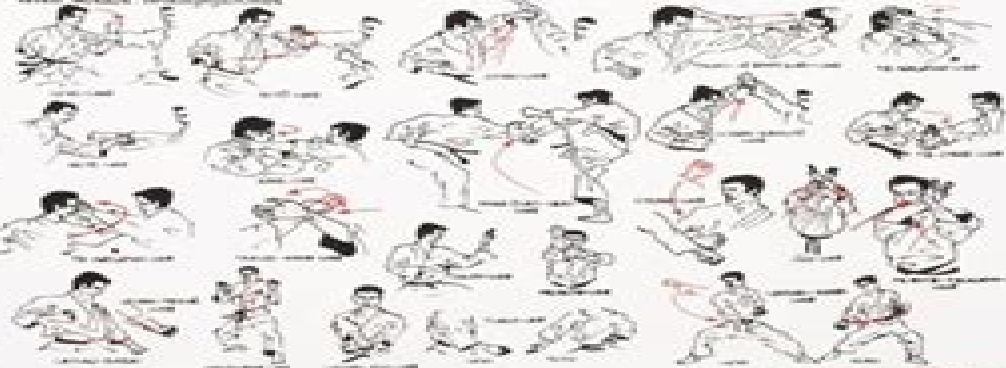
## UDE-WAZA / Grappling



## KERI-WAZA / Kicks



## UKE-WAZA / Blocking



## KARUJARA



## TAHESHIWAZI



## KENRYU YU

Kenryu Yu is a special technique used in the kata. It is a combination of a punch and a kick. The practitioner starts in a ready stance, then performs a punch followed by a kick. This technique is used to demonstrate the power and speed of the practitioner.

## SHOBUKEN

Shobuken is a special technique used in the kata. It is a combination of a punch and a kick. The practitioner starts in a ready stance, then performs a punch followed by a kick. This technique is used to demonstrate the power and speed of the practitioner.



# Handbook For Basic Karate

**M Mosston**



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