

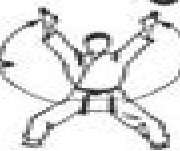
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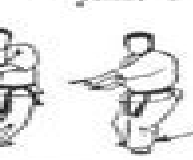
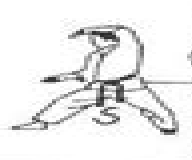
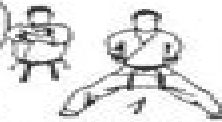
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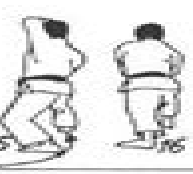
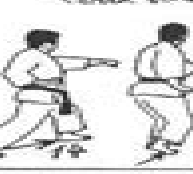
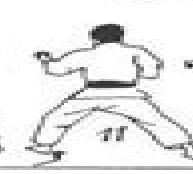
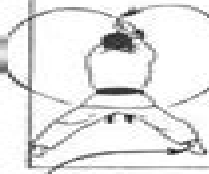
beide Hände an der Hüfte



Re aufnehmen

Re-takumi (Rek ergreifen und stoßen)

Re-uke (Rek klopfen)



wie 1!

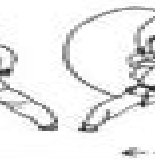
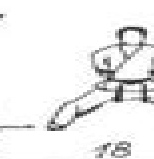
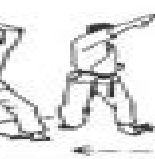
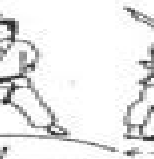
Uchi-uke

Uchi-Takui

wie 7!

wie 8!

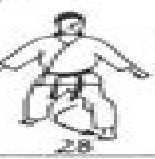
wie 9!



Uchi-uke

Age-uke

wie 1!



Nikunuki-Geri

26 und 27 wie in Heian Nidan

doppelter Uchi-uke

doppelter Uchi-Takui mit Einrückungen

Besonderheiten und Wiederholungen:
Sankaku-Tobi in Verbindung mit einem gleichzeitigen Allfingstochschlag (Nr. 32).
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Schrittdiagramm (Embudo)



Yame!

Shuto-uke

Sankaku-Tobi

Age-uke

Uchi-Takui

Karate Manual Diagrams

Mike Jess

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:

Karate Manual Diagrams Book Review: Unveiling the Magic of Language

In an electronic era where connections and knowledge reign supreme, the enchanting power of language has become more apparent than ever. Its capability to stir emotions, provoke thought, and instigate transformation is actually remarkable. This extraordinary book, aptly titled "**Karate Manual Diagrams**," written by a highly acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound affect our existence. Throughout this critique, we shall delve in to the book is central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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