

shotokan karate training manual pdf

<http://clik.to/clubdekaratedo> - 4 - Introduction This Technical Manual serves as training and grading guidelines conducted under the sanctions of the

Technical Manual - SBSS.it

Shotokan Karate. Generally credited to Gichin Funakoshi (but rumoured to have been created by Kanga Sakukawa, an 18th-century Okinawan karate proponent) the Shotokan Karate dojo kun serves as a set of five guiding principles, recited at the end of each training session in most styles, intended to frame the practice within an ethical context.

Dōjō kun - Wikipedia

Online resources for the Traditional Japanese Karate Network covering Shito-ryu, Goju, Shotokan and Okinawan martial arts including kumite, kata and bunkai video, articles, books and downloads, karate

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Tang Soo Do (Hangul: 태권도, Hanja: 跆拳道 "pronounced) is a karate-based Korean martial art incorporating fighting principles from subak (as described in the Kwon Bup Chong Do), as well as northern Chinese martial arts.

Tang Soo Do - Wikipedia

Way of the Short Staff Self-Defense Arts and Fitness Exercises Using a Short Wooden Staff Cane, Walking Stick, Jo, Zhang, Guai Gun, Four Foot Staff, Hiking Staff Whip Staff, 13 Hands Staff, Cudgel, Quarter Staff, Hanbo, Gun Bang

Short Staff (Jo, Cane, Zhang, Jo Do, Aikijo, Jojutsu, Gun

[Scientific Qi Exploration] Part 2: The Divergent or Distinct Meridians. By Marty Eisen, Ph.D. The Third Confluence (a) Stomach Divergent Channel

The Divergent or Distinct Meridians (Part 2) | Yang-Sheng.com

Tsuki waza (çã•ã•æš€? tã©cnicas de soco) ã© a parte do caratãª que estuda os golpes diretos com os punhos ã©, isto ã©, aqueles golpes " atemi waza " que sã£o aplicados com as mã£os numa trajetãªria mais ou menos direta. ã© falta de uma traduã§Ã£o melhor, pode-se dizer que sã£o socos aplicados, mas nesta parte veem-se golpes que sã£o ...

Socos do caratãª " Wikipã©dia, a enciclopã©dia livre

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Taekwondo - Wikipedia, la enciclopedia libre

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Technologies de l'information et de la communication

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