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Stances Zenkutsu Dachi (long Fighting Stance) Musubi Dachi (fig.1) Heiko Dachi (fig.2) Punches Jodan Oizuki – Front Hand Punch To Face (between Nose And Top Lip) Chudan Oizuki – Front Hand Punch To Solar Plexus) Gedan Oizuki – Front Hand Punch To Below Naval Mar 23th, 2024TANI-HA SHITO-RYU KARATE-DO KOFUKAN SLOVENIJATANI-HA SHITO-RYU KARATE-DO KOFUKAN SLOVENIJA Glavni Inštruktor: Anton Maruša, 6.DAN, Novo Celje 6, 3301 Petrovče, Slovenija, T/F: +386 (0) 3 5707 188 May 1th, 2024.

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Shitoryu/Shukokai Examinations 8th KYU YELLOW BELT Front Hand Punch - (mae Ken Tsuki). Pull The Outstretched Leading Hand Sharply Back At About Shoulder Level And Punch Out At Face Level. Note That The Fist Makes Only A Part Turn And Finishes With The Thumb ... Feb 5th, 2024.

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