Kihon Kata Ichi

In this kihon all movements should be done one at a time, correctly and with kime.



"Ki o tsuke" Musubi dachi



"Yoi" Uchi hachi ji dachi



Step forward Migi jodan oi zuki



Step forward Hidari chudan oi zuki



Step forward Migi chudan oi zuki



Step forward Hidari shiko zuki – Kiai



Step backward Migi soto uke (slowly)



Step backward Hidari soto uke (słowły)



Step backward Migi soto uke (slowly)



Step backward Hidari soto uke (slowly)



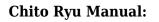
Kamae (ready)



Migi mae geri Stepping forward

Chito Ryu Manual

Michal Rosen-Zvi



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Table of Contents Chito Ryu Manual

- 1. Understanding the eBook Chito Ryu Manual
 - The Rise of Digital Reading Chito Ryu Manual
 - Advantages of eBooks Over Traditional Books
- 2. Identifying Chito Ryu Manual
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
- 3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Chito Ryu Manual
 - User-Friendly Interface
- 4. Exploring eBook Recommendations from Chito Ryu Manual
 - Personalized Recommendations
 - Chito Ryu Manual User Reviews and Ratings
 - Chito Ryu Manual and Bestseller Lists
- 5. Accessing Chito Ryu Manual Free and Paid eBooks

- Chito Ryu Manual Public Domain eBooks
- Chito Ryu Manual eBook Subscription Services
- Chito Ryu Manual Budget-Friendly Options
- 6. Navigating Chito Ryu Manual eBook Formats
 - o ePub, PDF, MOBI, and More
 - Chito Ryu Manual Compatibility with Devices
 - o Chito Ryu Manual Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Chito Ryu Manual
 - Highlighting and Note-Taking Chito Ryu Manual
 - Interactive Elements Chito Ryu Manual
- 8. Staying Engaged with Chito Ryu Manual
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Chito Ryu Manual
- 9. Balancing eBooks and Physical Books Chito Ryu Manual
 - Benefits of a Digital Library
 - o Creating a Diverse Reading Collection Chito Ryu Manual
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Chito Ryu Manual
 - Setting Reading Goals Chito Ryu Manual
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Chito Ryu Manual
 - Fact-Checking eBook Content of Chito Ryu Manual
 - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development

- Exploring Educational eBooks
- 14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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