

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 (slowly)



Step backward
Migi soto uke (slowly)



Step backward
Hidari soto uke (slowly)



Kamae (ready)



Migi mae geri
Stepping forward

Chito Ryu Manual

Michael Hoelscher

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.

Chito Ryu Manual:

Whispering the Techniques of Language: An Emotional Quest through **Chito Ryu Manual**

In a digitally-driven world where screens reign supreme and immediate interaction drowns out the subtleties of language, the profound techniques and emotional nuances concealed within phrases frequently move unheard. Yet, nestled within the pages of **Chito Ryu Manual** a charming literary treasure pulsating with natural feelings, lies an extraordinary journey waiting to be undertaken. Penned by a skilled wordsmith, that charming opus attracts viewers on an introspective trip, lightly unraveling the veiled truths and profound impact resonating within the fabric of each word. Within the emotional depths of the touching review, we can embark upon a sincere exploration of the book's core themes, dissect their fascinating writing design, and fail to the powerful resonance it evokes strong within the recesses of readers' hearts.

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