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)



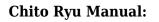
Kamae (ready)



Migi mae geri Stepping forward

Chito Ryu Manual

Michael Hoelscher



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 ab muscles fabric of each word. Within the emotional depths of the touching review, we can embark upon a sincere exploration of the book is 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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