



The Canadian Chito-Ryu Association  
**Technical Manual**

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Association Chito-Ryu du Canada  
**Manuel Technique**

**YUDANSHA**

# Chito Ryu Technical Manual Draft

**Maddie Coster**



## **Chito Ryu Technical Manual Draft:**

**Uechi-Ryu** Maddie Coster, 2022-08-31 Uechi Ryu technical manual for instructors covering all core kata specific techniques and bunkai and a methodical approach to understanding the purpose of the movements This book is designed and written for guidance instructional insight and references for specific pressure points utilized in the Uechi Ryu kata as it has been taught and passed down to the author

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