

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 Beginners Manual

Butch Trail



Chito Ryu Beginners Manual:

Chito-Ryu Christopher Johnston,1993 *Matsubayashi-ryu Tree of Life* Hanshi Frank Grant,2017-06-06 This is the third Student Handbook Training Journal for the World Shorin Ryu Karate Do Federation Each year the WSKF will continue to update and produce this manual Our ongoing commitment is to provide our members and affiliated dojos with the tools and reference material to better their training and understanding of Matsubayashi Ryu Karate Do One of the primary purposes for this manual is to introduce new students be it new to karate or new to Shorin Ryu or new to the WSKF and give them some insights as to what they can expect to experience and learn while training as well as what is expected from them as students It is recommended that new students and parents of children just starting read and be familiar with this manual as it will serve as your guide to your Dojo school and of the WSKF Note This manual has been produced for all WSKF member dojos your specific dojo may have additional reference material they also may provide In assembling this manual we included components and reference material that would be both helpful and useful for your training and organized it in a logical and easily accessible order As mentioned earlier this is our first year for this manual so your patience and understanding is appreciated as we feel our way through the process of producing a handbook worthy of our members and member dojos We appreciate your feedback and suggestions to help us improve and make this publication more useful This manual has four sections each having its own specific purpose For easy referencing you will notice that this manual is organized into four Sections Some parts of this manual will change yearly but most of it will remain pretty much the same getting only minor updates Uechi-Ryu Manual ,2018 *Yondan Hakko Den Shin Ryu Ju Jutsu Manual*. Michael LaMonica,2004-01-01 Ju Jutsu training manual Third Degree Black belt Nisei Yoshu Ryu Kempo 8th & 7th Kyu Carlos Febres,2016-03-06 The lineage of Nisei Yoshu Ryu Kempo extend back to Okinawa and Japan Back to the mother system Chito Ryu This book covers the requirements for 8th and 7th kyu Nidan Hakko Den Shin Ryu Ju Jutsu Manual Michael LaMonica,2004-01-01 Ju Jutsu training manual Second Degree Black belt **Hakko Denshin Ryu Shodan Manual** Michael Lamonica,2004-01-01 Ju Jutsu and self defense manual First degree black belt techniques **Sandan Hakko Denshin Ryu Ju Jutsu Manual** Michael LaMonica,2004-01-01 **Kasumi Ryu Sogo Bujutsu** Butch Trail,2009-11-18 This book is about the basics of the Kasumi Ryu Sogo Bujutsu style The book is meant to give new students the necessary background in history jujutsu bojutsu and kenjutsu for them to progress through the kyu ranks Specific techniques are not demonstrated rather the focus in on the principles that make the techniques work

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