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KYU

**TECHNICAL
MANUAL**

**CANADIAN CHITO-RYU
KARATE ASSOCIATION**

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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