

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 Black Belt Training Manual

Yi-Tong Ma



Chito Ryu Black Belt Training Manual:

Delve into the emotional tapestry woven by in Dive into the Emotion of **Chito Ryu Black Belt Training Manual** . This ebook, available for download in a PDF format (PDF Size: *), is more than just words on a page; itis a journey of connection and profound emotion. Immerse yourself in narratives that tug at your heartstrings. Download now to experience the pulse of each page and let your emotions run wild.

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Chito Ryu Black Belt Training Manual Introduction

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