

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

R Pring



Chito Ryu Beginners Manual:

The Enigmatic Realm of **Chito Ryu Beginners Manual**: Unleashing the Language is Inner Magic

In a fast-paced digital era where connections and knowledge intertwine, the enigmatic realm of language reveals its inherent magic. Its capacity to stir emotions, ignite contemplation, and catalyze profound transformations is nothing lacking extraordinary. Within the captivating pages of **Chito Ryu Beginners Manual** a literary masterpiece penned by way of a renowned author, readers attempt a transformative journey, unlocking the secrets and untapped potential embedded within each word. In this evaluation, we shall explore the book's core themes, assess its distinct writing style, and delve into its lasting affect the hearts and minds of those that partake in its reading experience.

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