

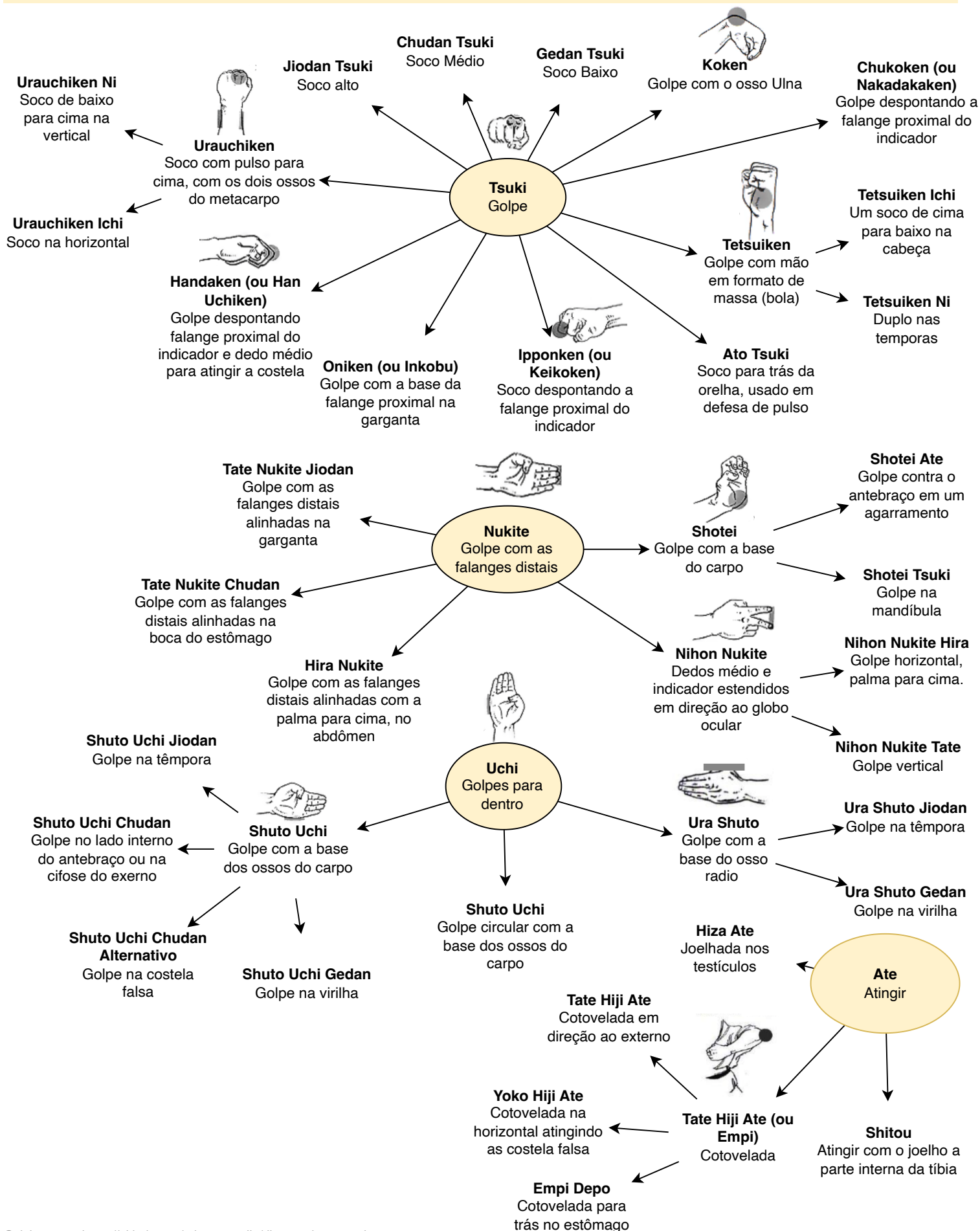


# Diagramas dos fundamentos do Karate da Escola Nippaku Shobukan

Conhecimentos baseados nos ensinamentos da Sensei Lucia Akemi e Shihan Douglas Nakashima (post-mortem)

[www.karetegojyuryu.com.br](http://www.karetegojyuryu.com.br)

## Golpes de mão



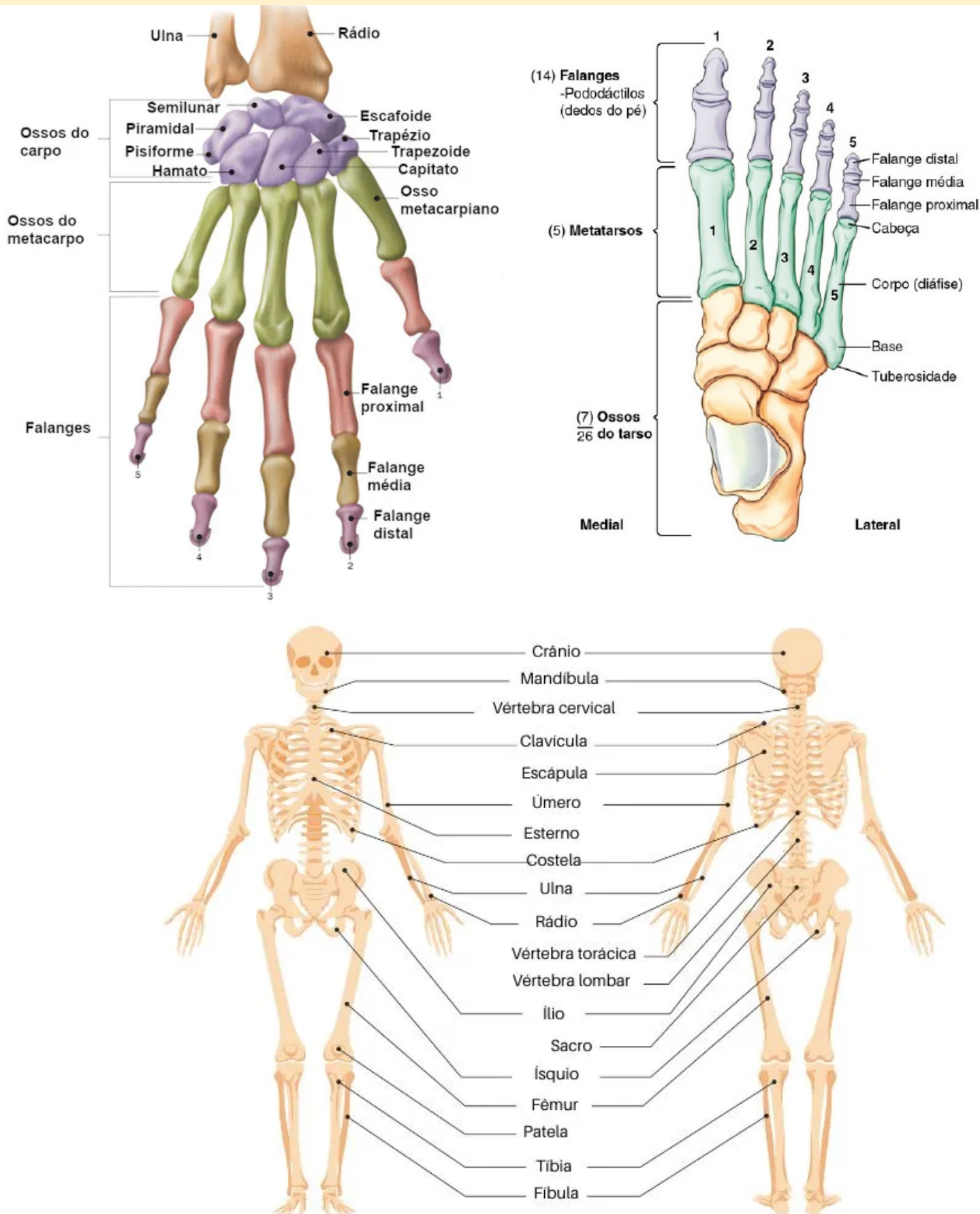


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## Ossos do corpo





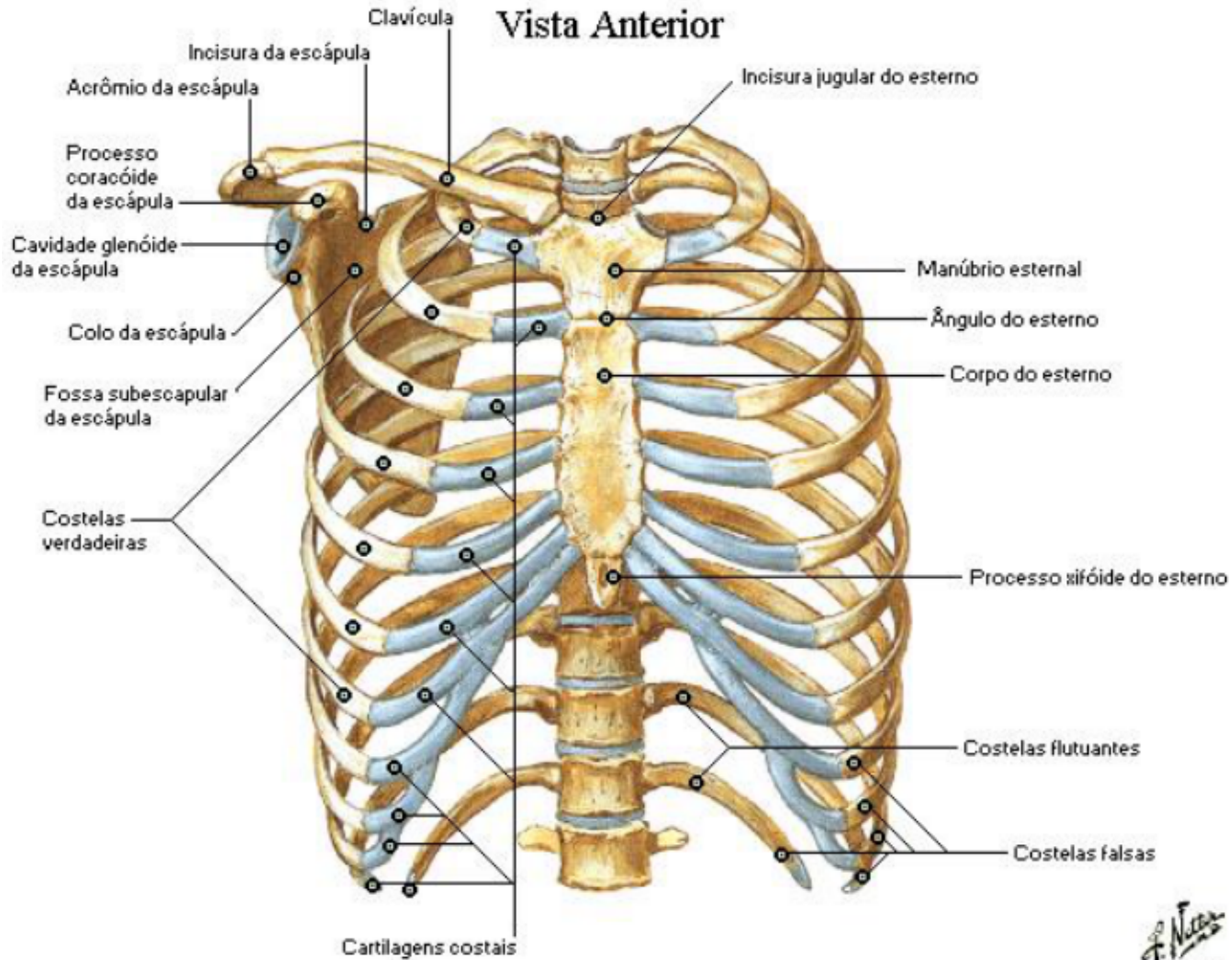
# Diagrama dos fundamentos do Karate da Escola Nippaku Shobukan

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## Arcabouço Ósseo do Tórax

### Vista Anterior



  
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# Diagramas dos fundamentos do Karate da Escola Nippaku Shobukan

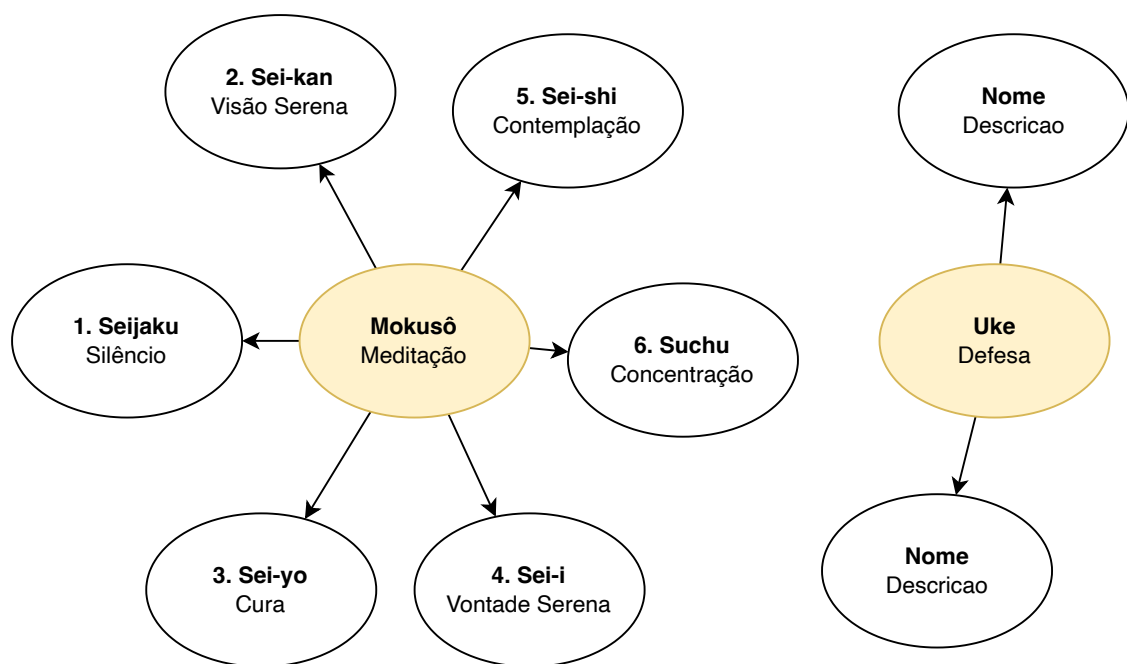
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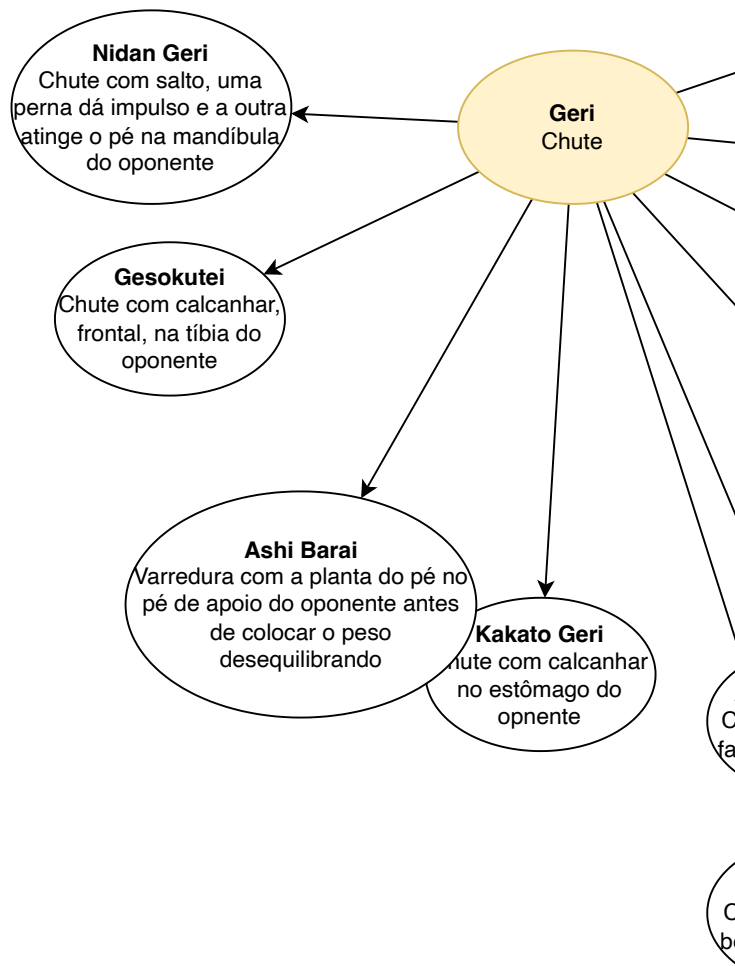
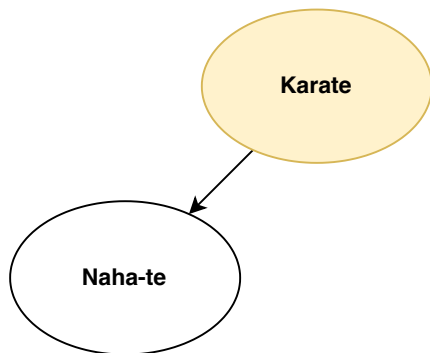


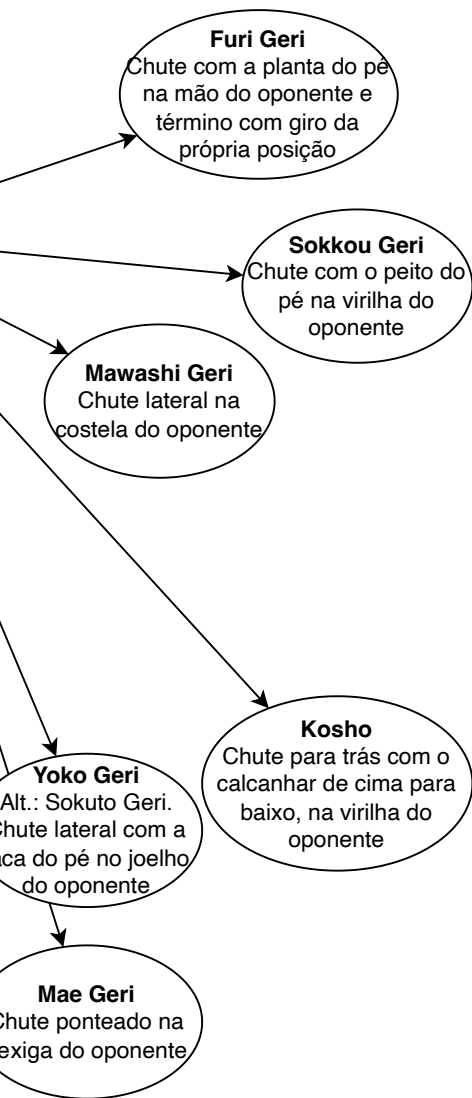


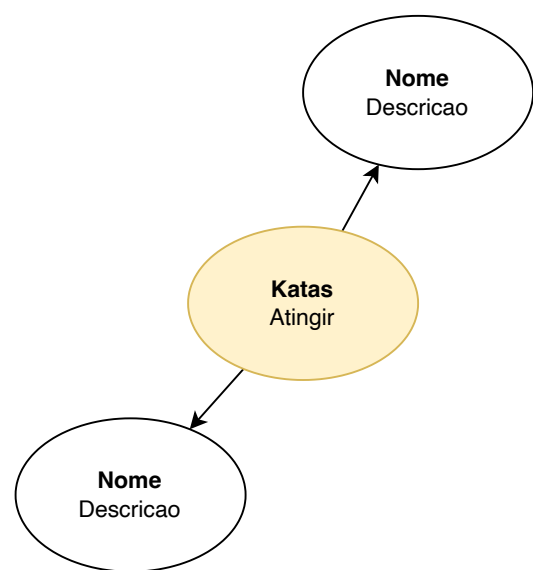


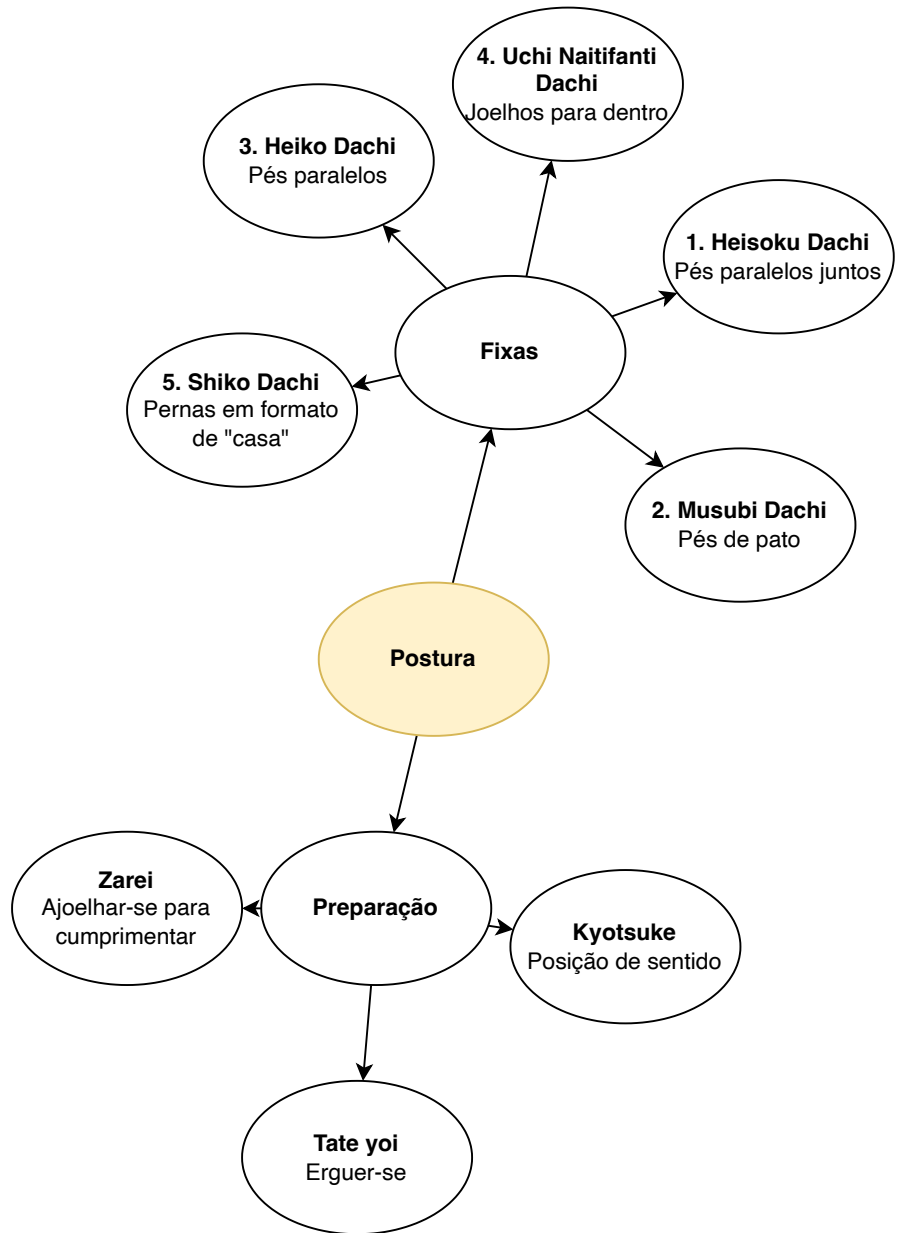












1. Kabu Koryu

2. Shukambu Kori  
Ho

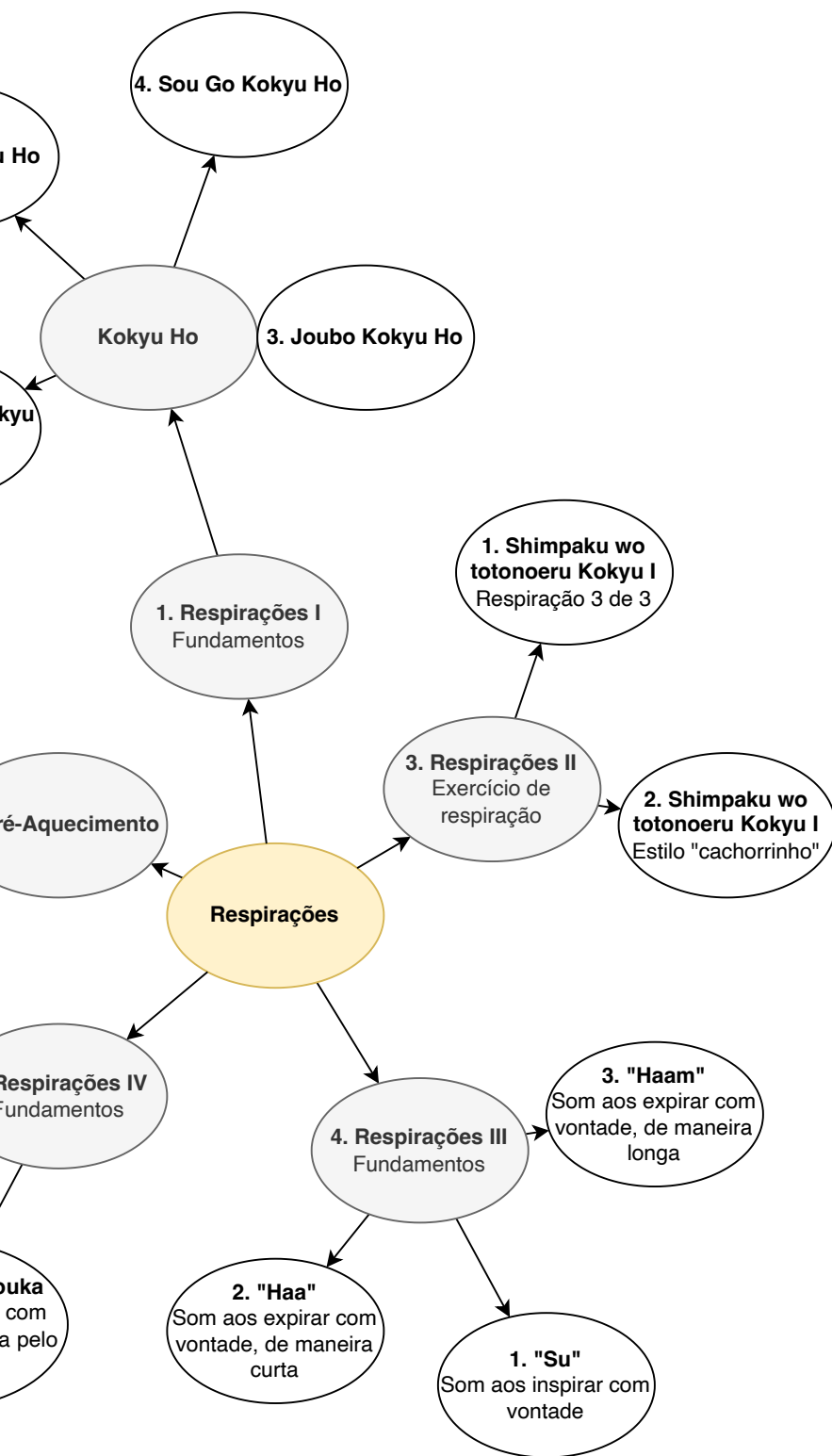
**Ibuki**  
Respira pela narina  
esquerda, segura,  
solta pela direita

2. Pr

**1. Hai no Jouka**  
Respira pelo nariz e  
solta pela boca com  
força

5. F  
F

**2. Ketsueki no Jo**  
Respira pela boca  
língua em "u" e solta  
nariz



**Kihons**  
Treino de  
fundamentos