

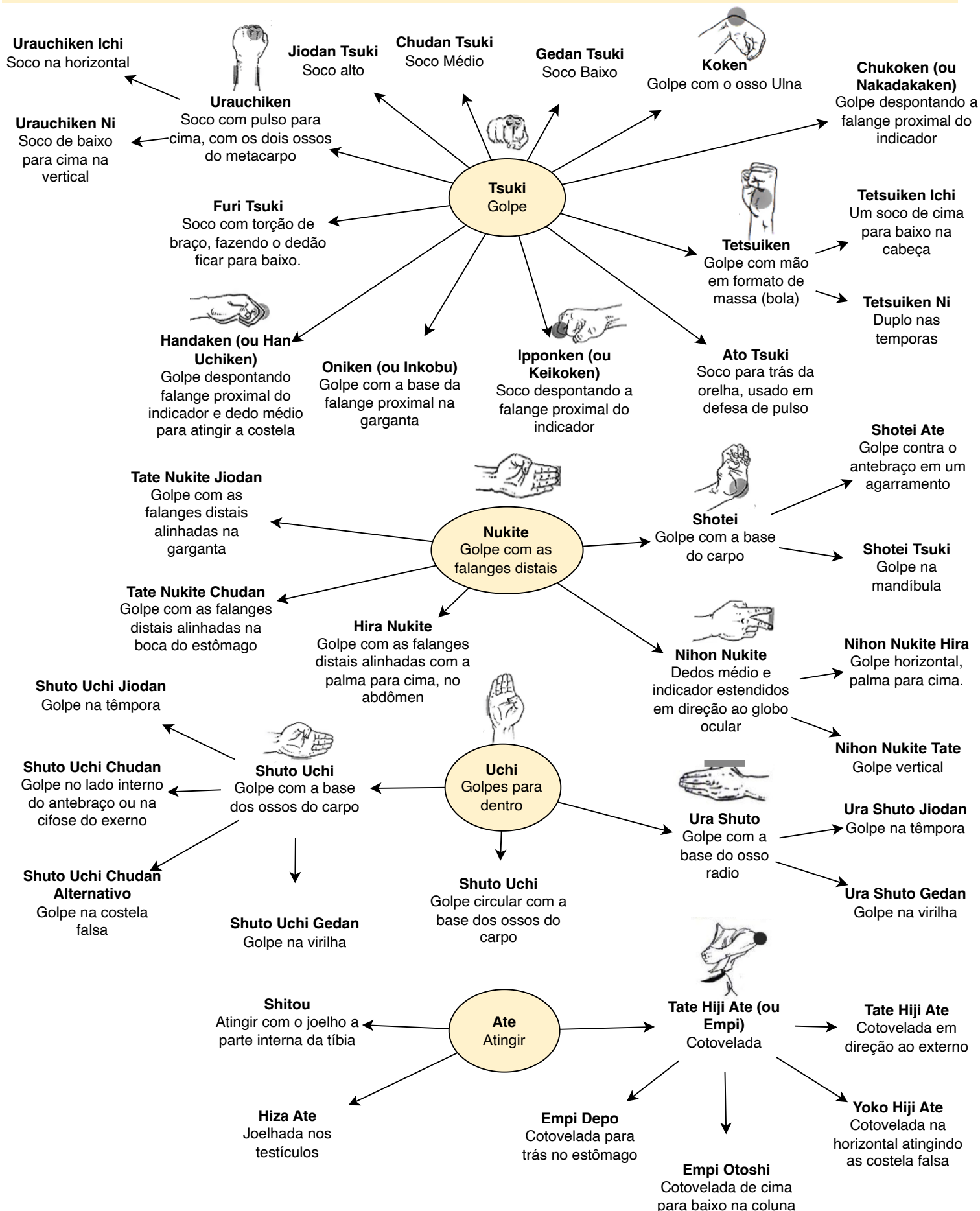


Diagramas dos fundamentos do Karate da Escola Nippaku Shobukan

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

www.karetegojuryu.com.br

Ataques de mãos, cotovelos e joelhos





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Ossos do corpo

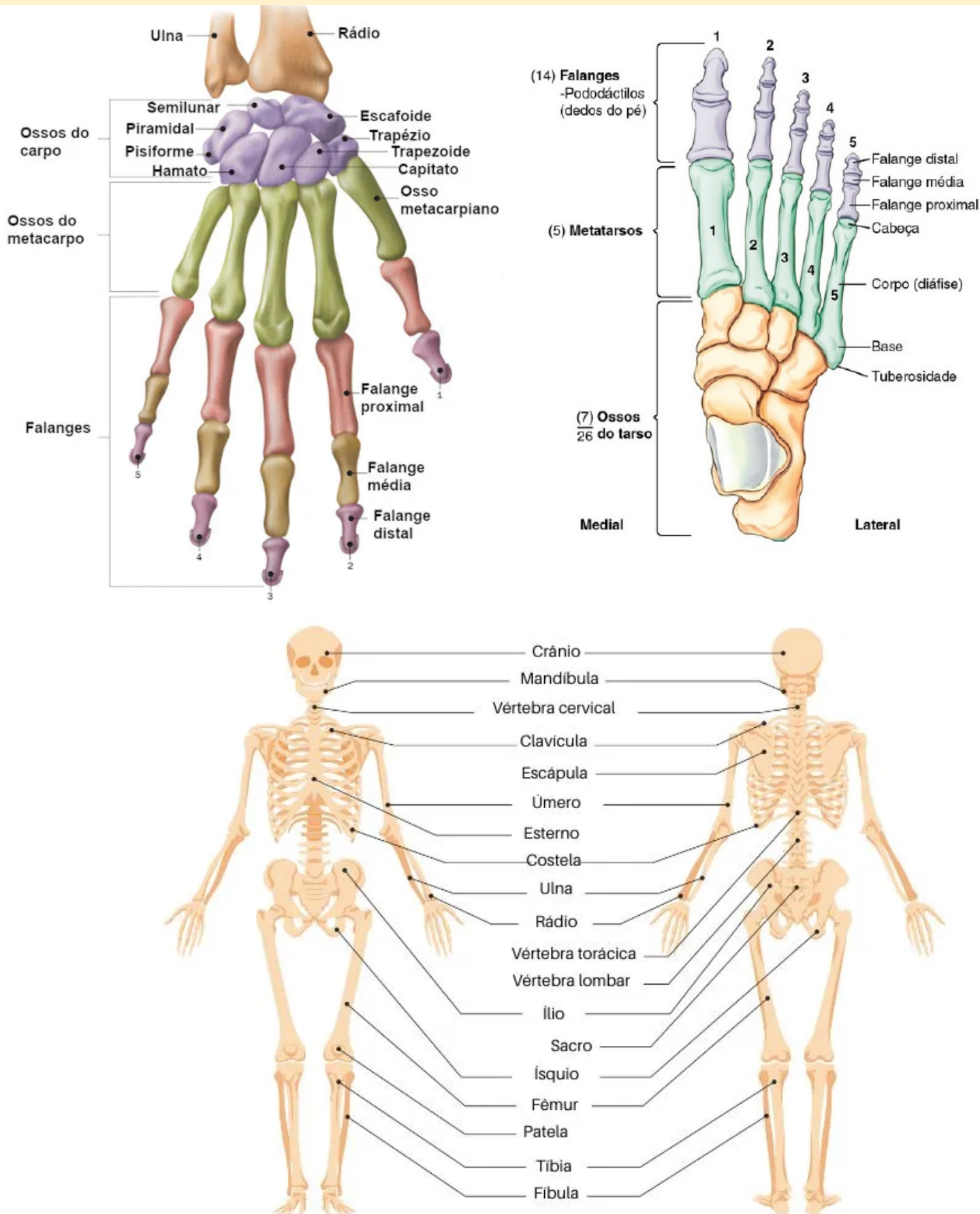




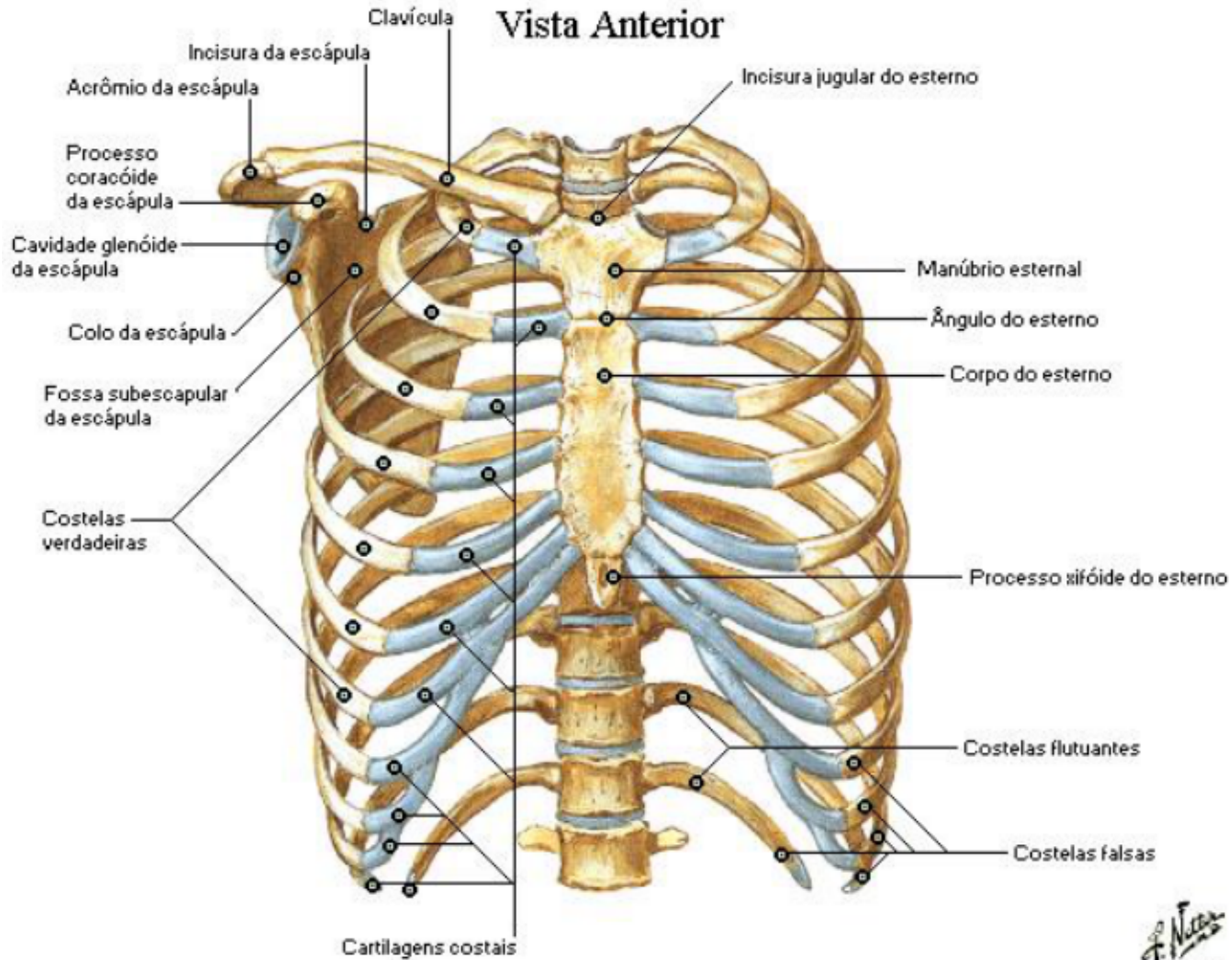
Diagrama dos fundamentos do Karate da Escola Nippaku Shobukan

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Arcabouço Ósseo do Tórax

Vista Anterior



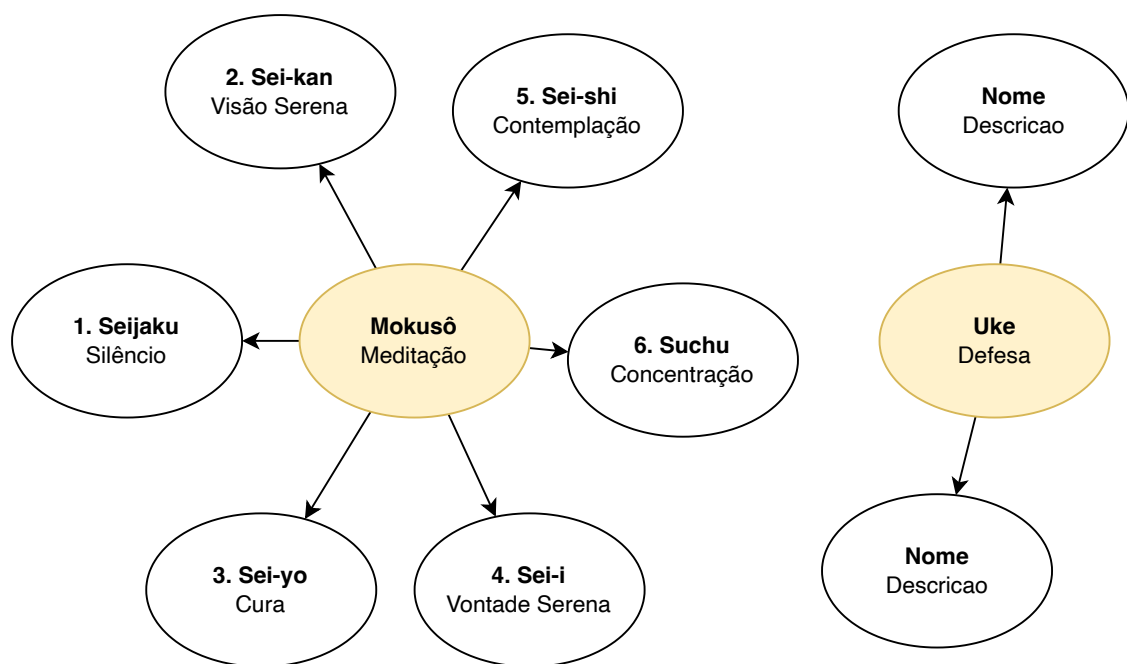
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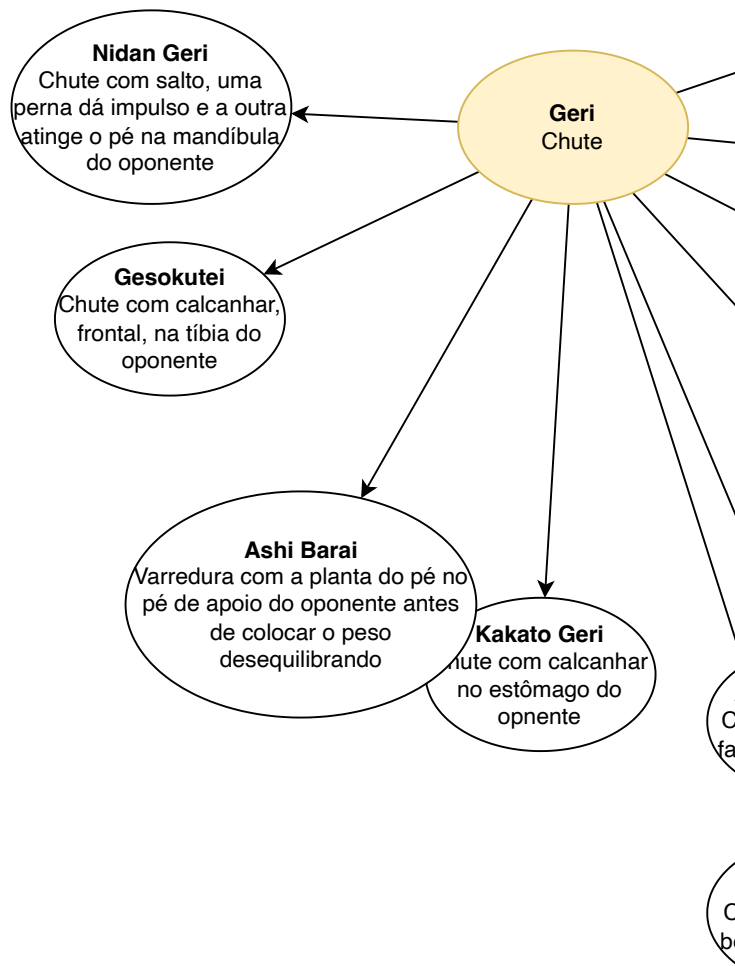
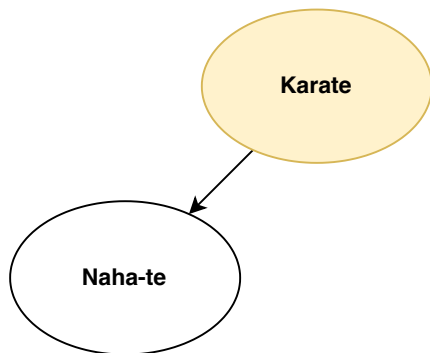


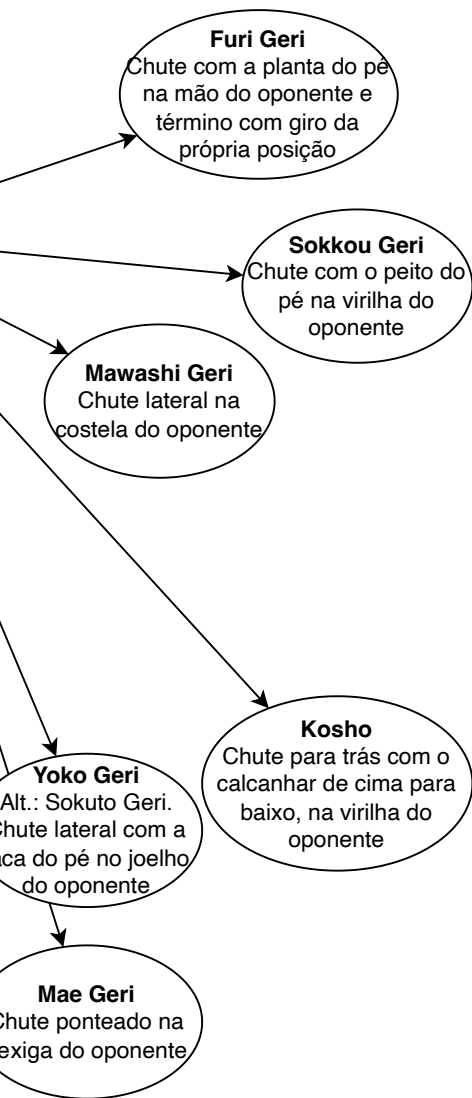
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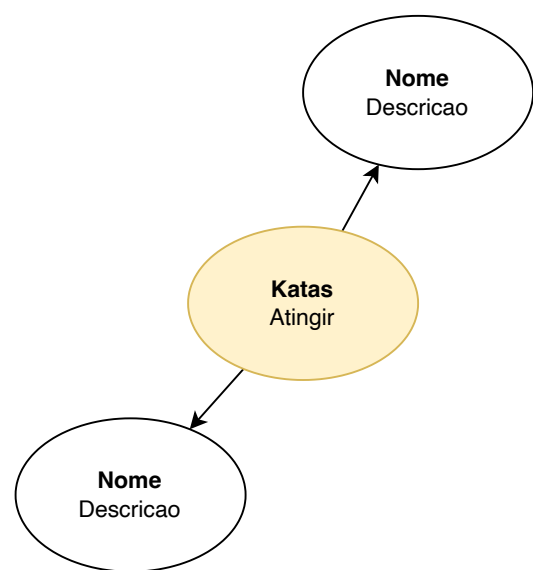
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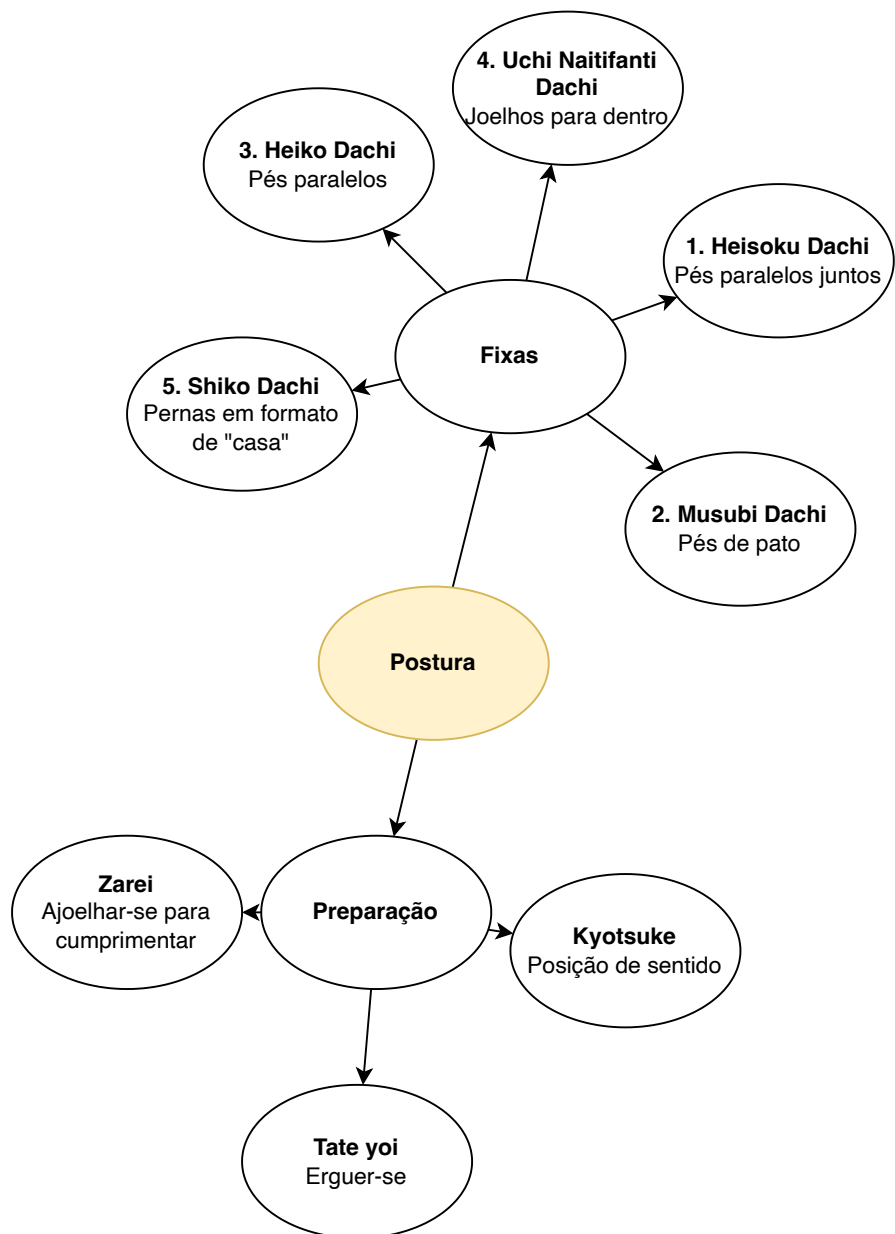
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1. Kabu Koryu

2. Shukambu Kori
Ho

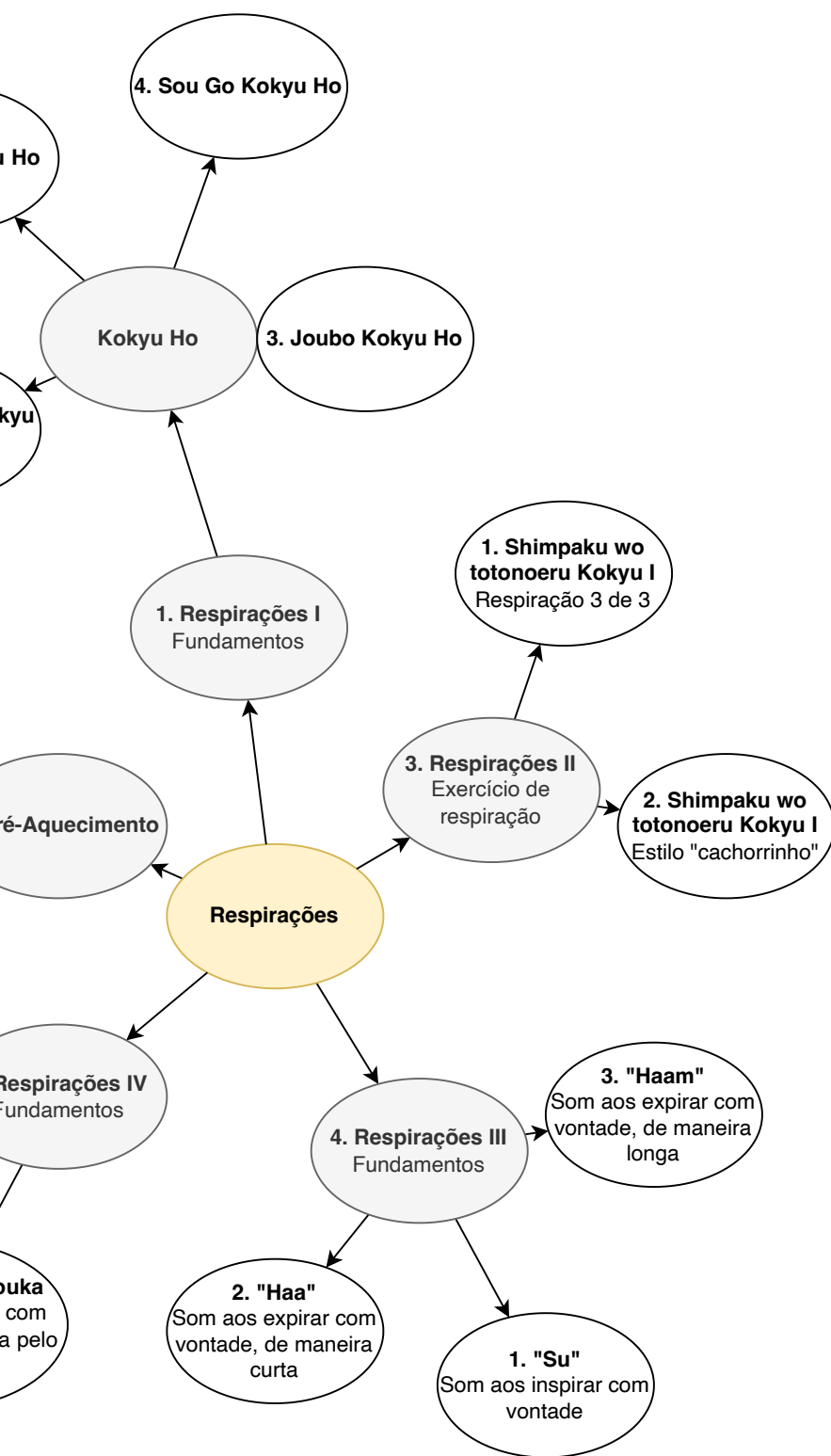
Ibuki
Respira pela narina
esquerda, segura,
solta pela direita

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