
Shaolin Long Fist Kung Fu 12 Tan Tui Spring Legs

technical manual - sbss - <http://klik.clubdekaratedo> 4 introduction this technical manual serves as training and grading guidelines conducted under the sanctions of the **gichin funakoshi k.u.a. national championships august 11 ...** - kua - kihon - basics firstly, we've included a thumbnail gallery of most of the basic shotokan techniques. the pictures we've used come from master

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