

# 教 本



**KYU**

**TECHNICAL  
MANUAL**

**CANADIAN CHITO-RYU  
KARATE ASSOCIATION**

# Chito Ryu Technical Manual Draft

**Maddie Coster**



**Chito Ryu Technical Manual Draft:**

*Uechi-Ryu* Maddie Coster, 2022-08-31 Uechi Ryu technical manual for instructors covering all core kata specific techniques and bunkai and a methodical approach to understanding the purpose of the movements This book is designed and written for guidance instructional insight and references for specific pressure points utilized in the Uechi Ryu kata as it has been taught and passed down to the author

Immerse yourself in heartwarming tales of love and emotion with is touching creation, **Chito Ryu Technical Manual Draft** . This emotionally charged ebook, available for download in a PDF format ( Download in PDF: \*), is a celebration of love in all its forms. Download now and let the warmth of these stories envelop your heart.

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