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heian/pinan; Mini-Makiwara; Belt Colours - Why?

Sh rin-ry - wikipedia, the free encyclopedia

one of the oldest styles of karate. "Ryu" means "school". Sh rin-ry combines elements of the traditional
Okinawan fighting styles of Shuri-te. [1] [2

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Association, passed away in his hometown of Nago City

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Karate - wikipedia, the free encyclopedia

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