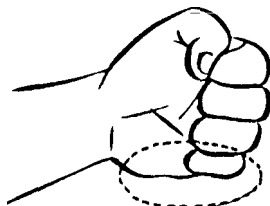
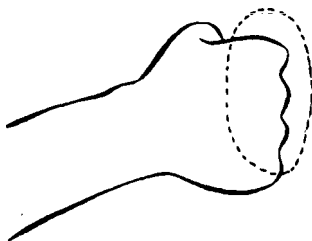


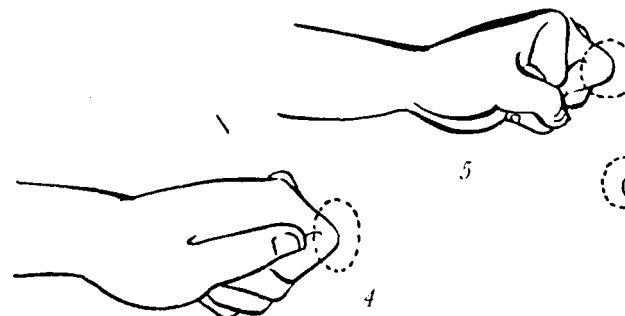
# DITOKAN KARATE ORDLISTA



1



3



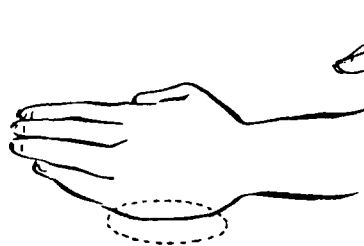
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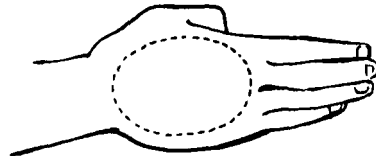
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6



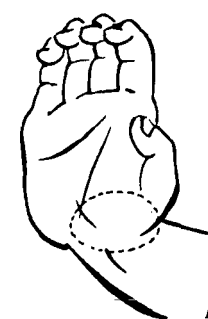
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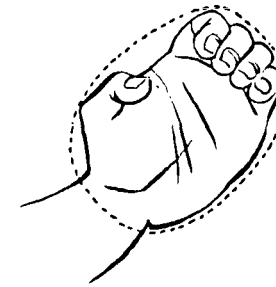
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10



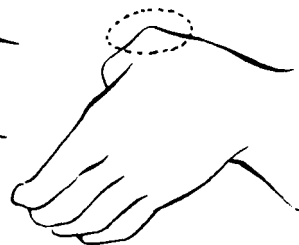
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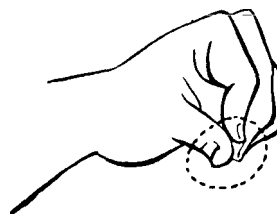
12



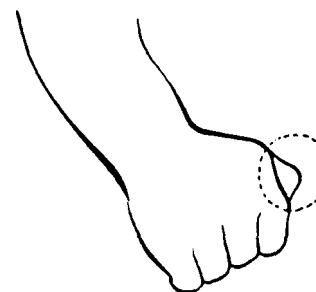
13



14



15



16

1. seiken ( forefisl )
2. uraken (back fisl)
3. tettstri (boltnnt f st)
4. ipjmn-ken (one-knuckle fist)
5. nukadaka-bert (middle-knuckle fisl)
6. hiraker: (Jore-krurckle fist)
7. Auto (krriJe hand)
8. Irnilo (ri(lge hand)
9. Itaishu (back hand)
10. nukite (spear hand)
11. <sup>leisto</sup> (palm heel hand)
12. liunutde (bear hand)
13. krrkrir (bent wrist hand)
14. keilo (chicken head ioi. +I)
15. tuashide (ea,gle hand)
16. gayubi ippnn-ken (thumb  
ate firtger fisl)