

the way of sanchin pdf

Sanchin (sanchin) is a kata of apparent Southern Chinese origin that is considered to be the core of several styles, the most well-known being the Okinawan Karate styles of Uechi-Ryū and Gōjū-Ryū, as well as the Chinese martial arts of Fujian White Crane, Five Ancestors, Pangai-noon and the Tiger-Crane Combination style associated with Ang Lian-Huat.

Sanchin - Wikipedia

The sanshin (sanchin, literally "three strings") is an Okinawan musical instrument and precursor of the mainland Japanese (and Amami Islands) shamisen. Often likened to a banjo, it consists of a snakeskin-covered body, neck and three strings.

Sanshin - Wikipedia

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Goju-ryu - Wikipedia, a enciclopédia livre

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Kyokushin (jap. kyokushin) - peńnokontaktowa sztuka walki, rodzaj karate, stworzona przez Masutatsu Oyama. Jest to taki sport walki.

Kyokushin - Wikipedia, wolna encyklopedia

Autres noms Karaté Domaine Percussion projection: Pays d'origine Japon avant Okinawa n'appartenait ni au Japon ni à la Chine Fondateur Sakukawa Kanga, Matsumura Shōkon, Itosu Ankō, Arakaki Seishō, Higaonna Kanryō, Gichin Funakoshi, Motobu Chōki

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