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4. Kappo { Resuscitation
Goho 1. Tsuki Waza { Strikes
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3. Kiri Waza { Cutting
4. Keri Waza { Kicks
5. Kari Waza { Reaping
6. Fumi Waza { Stamps
7. Tai Gi { Body Techniques
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9. Dokko Den { Weapon Techniques
10. Nyo Den { Short Rod Techniques
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Feb 16th, 2024
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Chapter 1 The Origins And Activities Of Shorinji Kempo
Universally Spread, Promote, And Protect The Teachings And Techniques Of Shorinji Kempo Throughout The World, And Based On A World-view Of Tolerance Towards Political Views, Human Rights, And Religion, Contribute To World Peace Through The Encouragement Of Bonds Of Goodwill And Friendship Between The Branches Of Shorinji Kempo Around The

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