



Ready Stance



Turn left  
Front Stance  
High Block



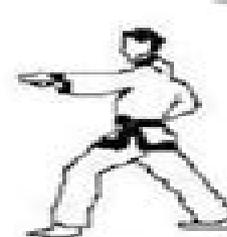
Step Through  
Front Stance  
High Punch



Turn 180°  
Long Turn



Front Stance  
High Block



Step Through  
Front Stance  
High Punch



Turn Left  
Front Stance  
High Block



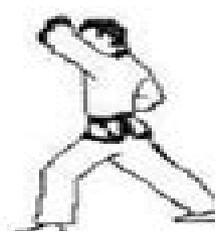
Step Through  
Front Stance  
High Punch



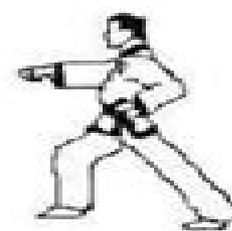
Step Through  
Front Stance  
High Punch



Step Through  
Front Stance  
High Punch  
Kiyup!



Turn 270° degrees  
Front Stance  
High Block



Step Through  
Front Stance  
High Punch



Turn 180° degrees  
Front Stance  
High Block



Step Through  
Front Stance  
High Punch



Turn Left  
Front Stance  
High Block



Step Through  
Front Stance  
High Punch



Step Through  
Front Stance  
High Punch



Step Through  
Front Stance  
High Punch  
Kiyup!



Turn left  
Front Stance  
High Block



Step Through  
Front Stance  
High Punch



Turn 180°  
Long Turn



Front Stance  
High Block



Step Through  
Front Stance  
High Punch



Ready Stance

# Karate Moves Guide

**VM Jensen**



## **Karate Moves Guide:**

Eventually, you will no question discover a additional experience and completion by spending more cash. nevertheless when? attain you say you will that you require to acquire those every needs similar to having significantly cash? Why dont you attempt to get something basic in the beginning? Thats something that will guide you to comprehend even more on the globe, experience, some places, taking into account history, amusement, and a lot more?

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web jan 16 2023 however there are exceptions depending on when you started claiming which we get into below meanwhile those who are claiming supplemental security income ssi get theirs on the first of every month however ssi claimants got their first cola payments for 2023 on december 30 2022 because of the holiday schedule

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