



Internacional Karate Do Kai

DACHI KATA

五道心
一 初心忘れるなかれ
一 礼儀怠るなかれ
一 努力怠るなかれ
一 常識かけるなかれ
一 和乱すなかれ



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Posicion 1 de 12 - Heisoku Dachi



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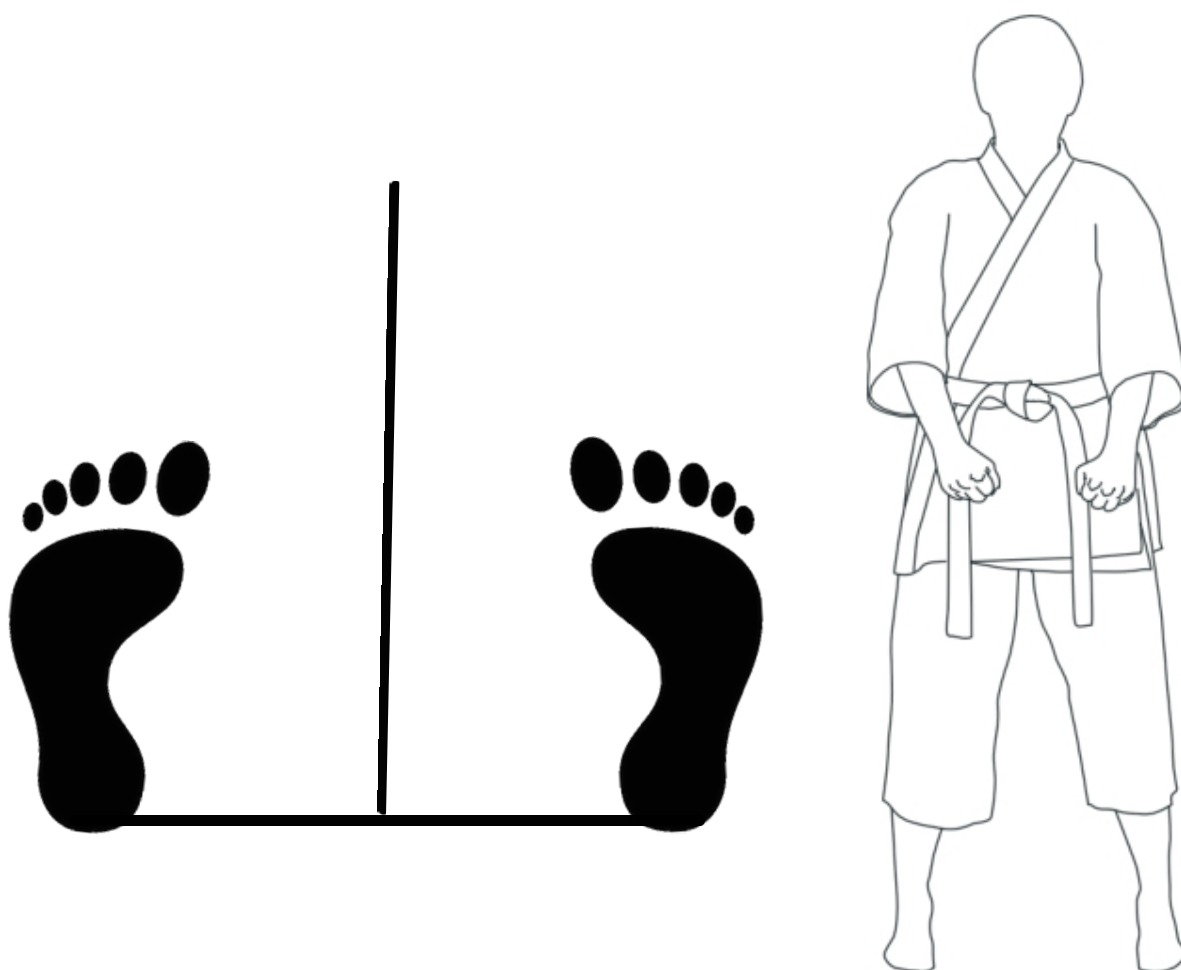


Posicion 2 de 12 - Musubi Dachii



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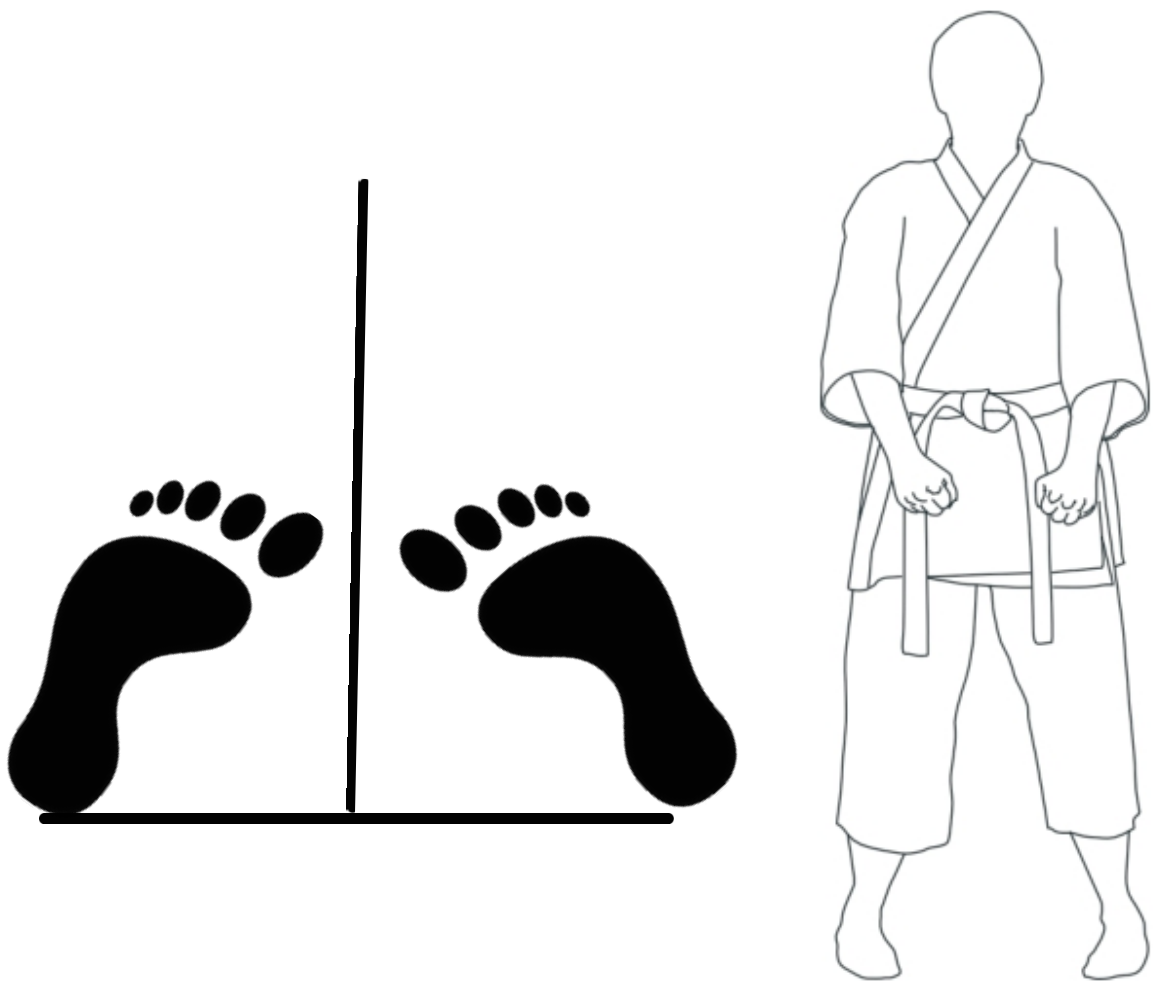


Posicion 3 de 12 - Namiheiko Dachii



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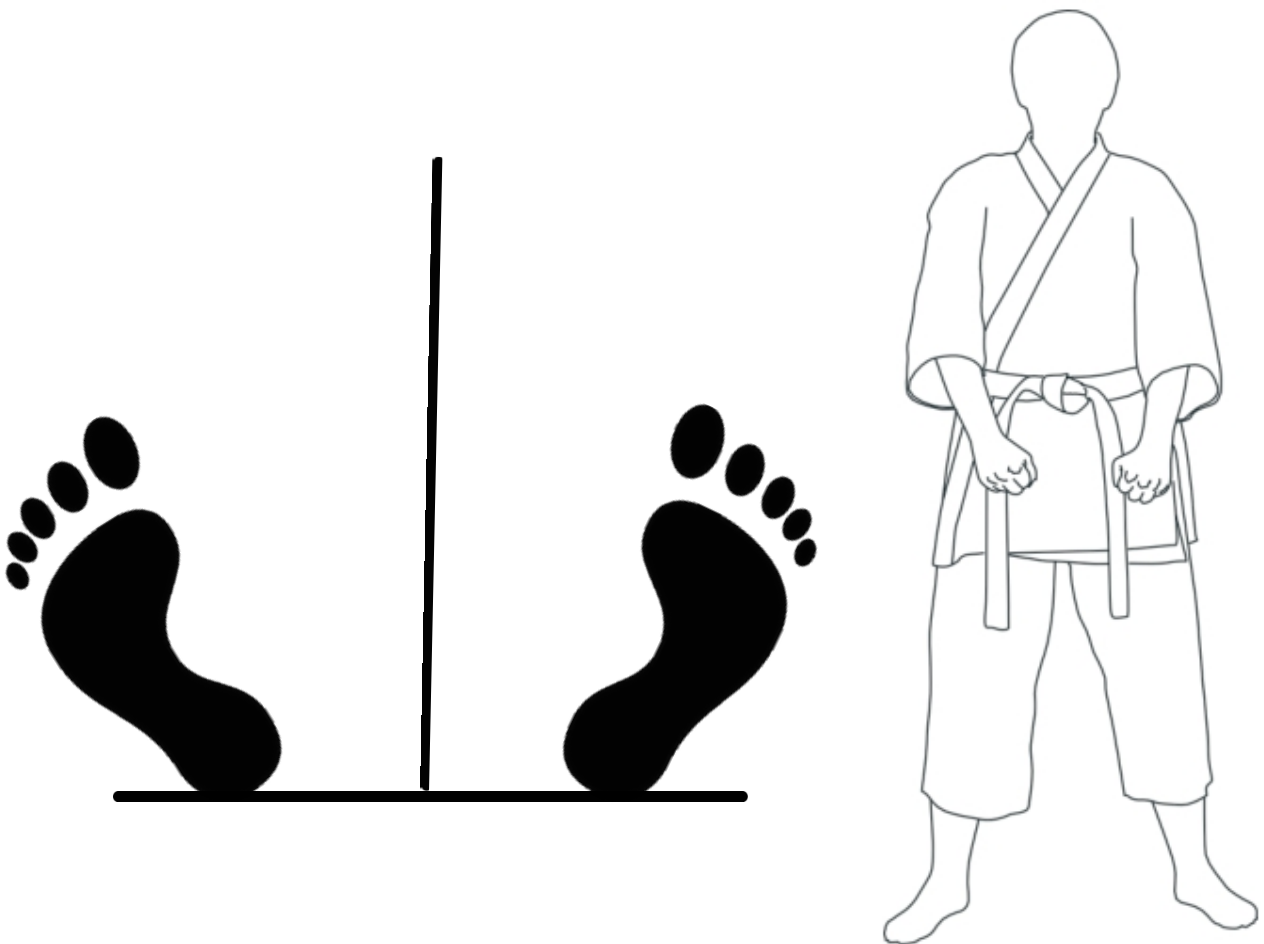


Posicion 4 de 12 - Uchiyachi Dachi



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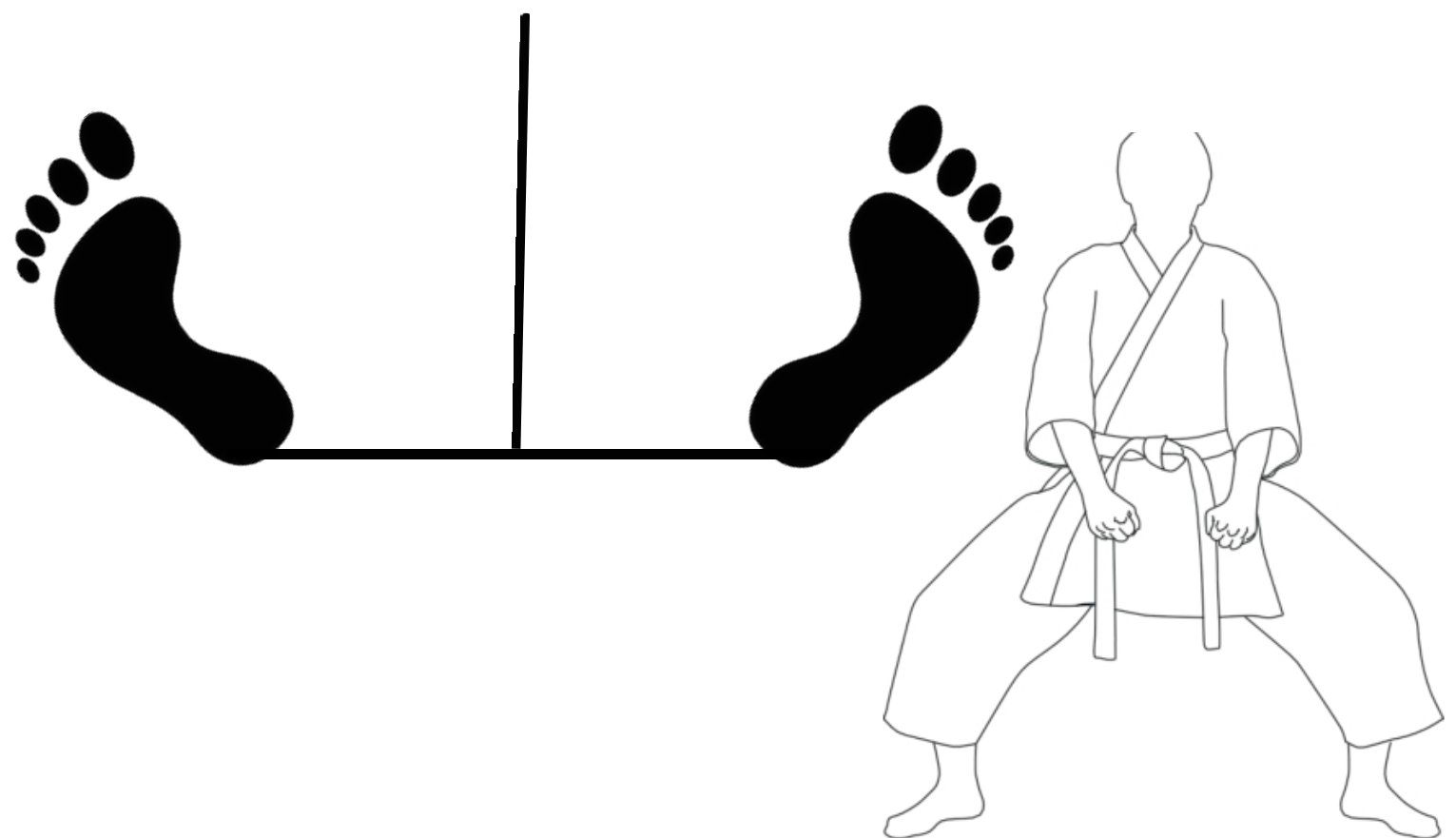


Posicion 5 de 12 - Sotohachiji Dachi



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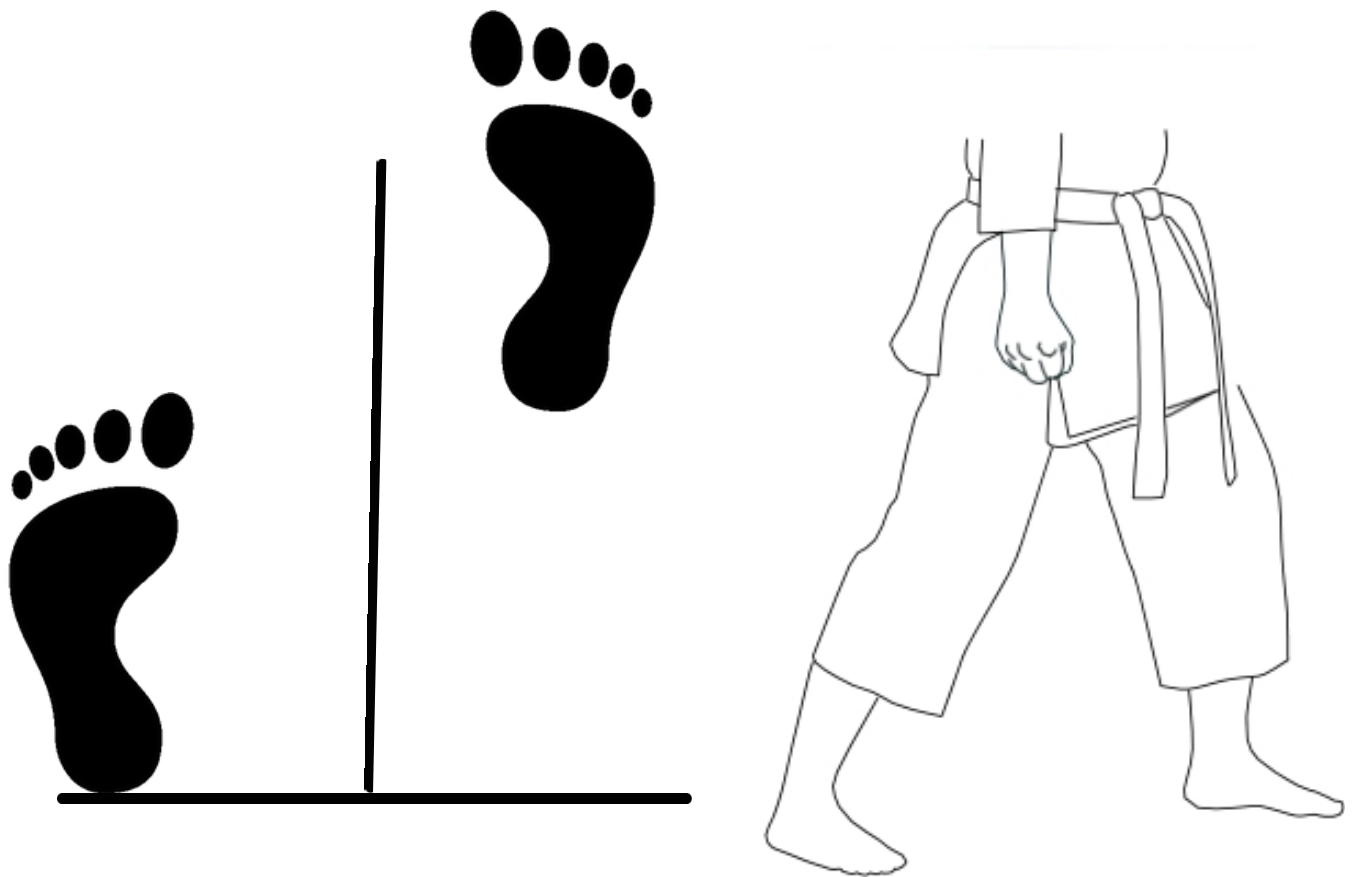


Posicion 6 de 12 - Shiko Dachii



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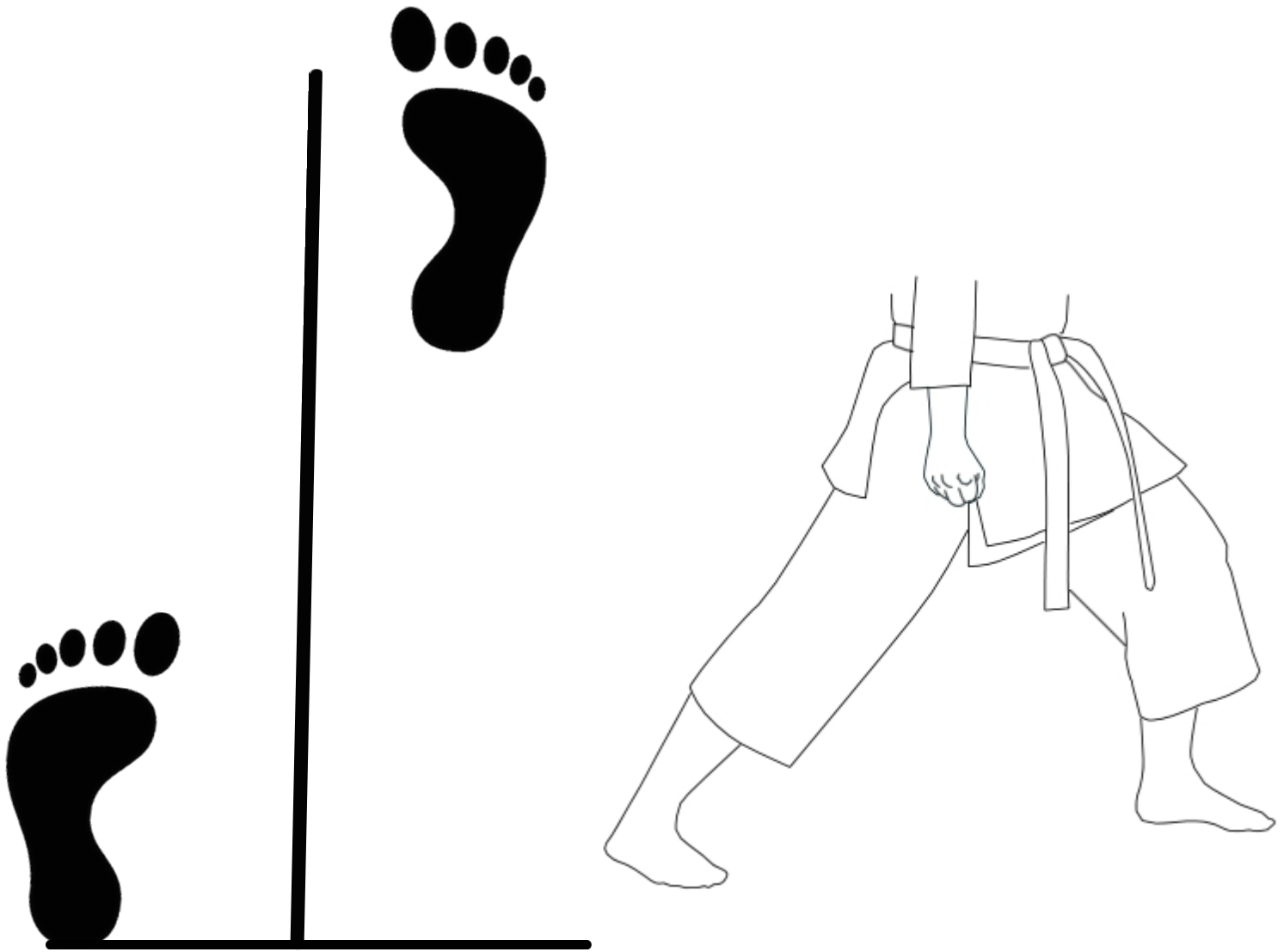


Posicion 7 de 12 - Heiko Dachi



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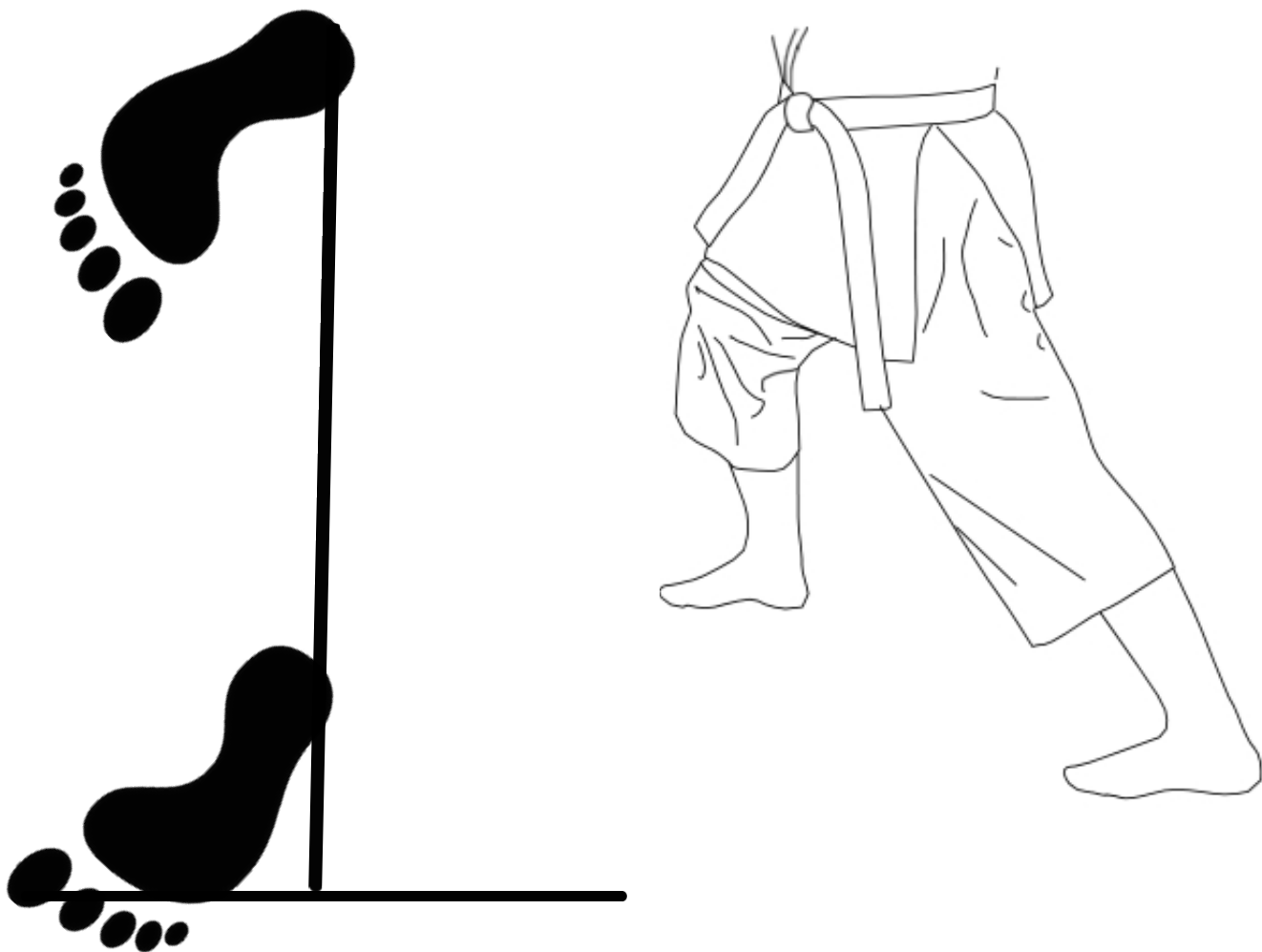


Posicion 8 de 12 - Zenkutsu Dachii



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Posicion 9 de 12 - Kokutsu Dachi



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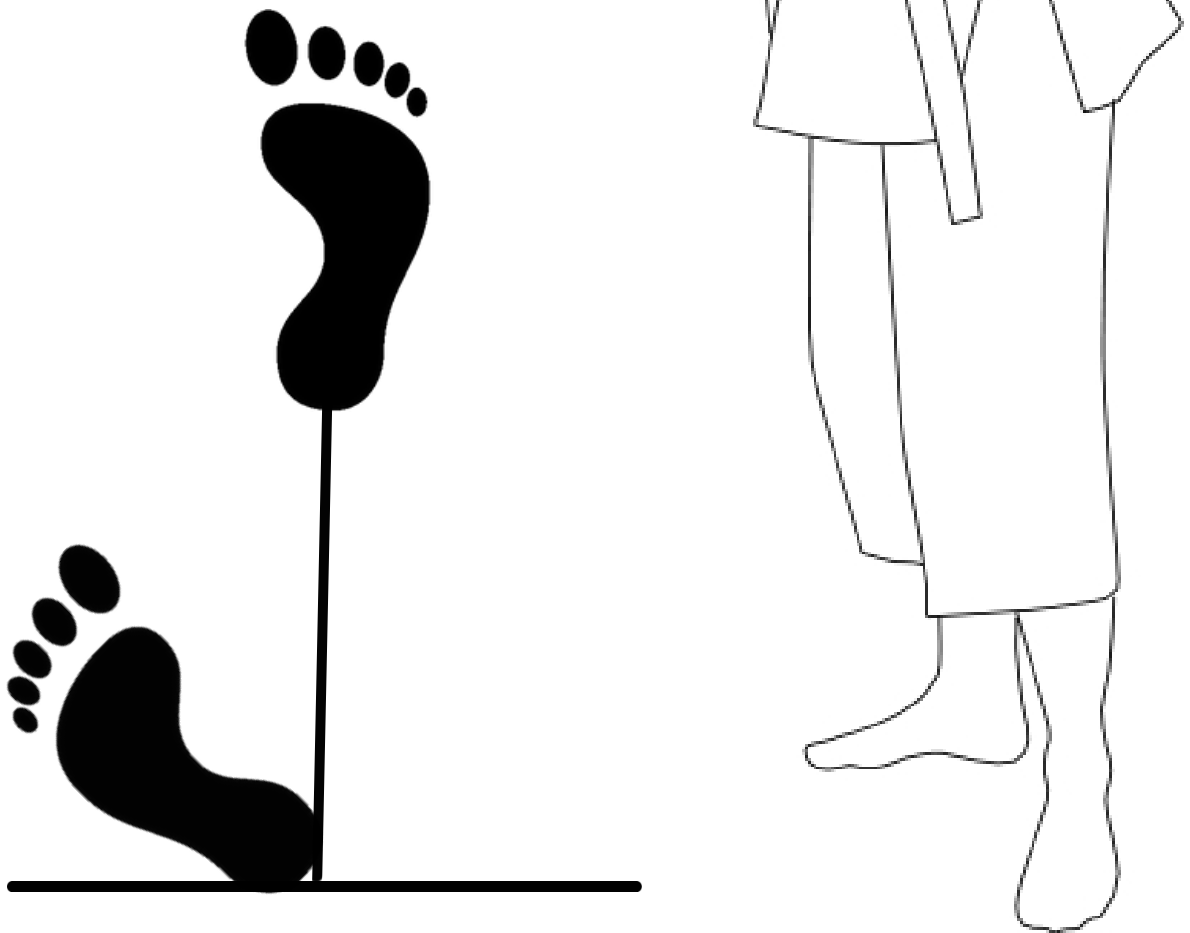


Posicion 10 de 12 - Nekoashi Dachi



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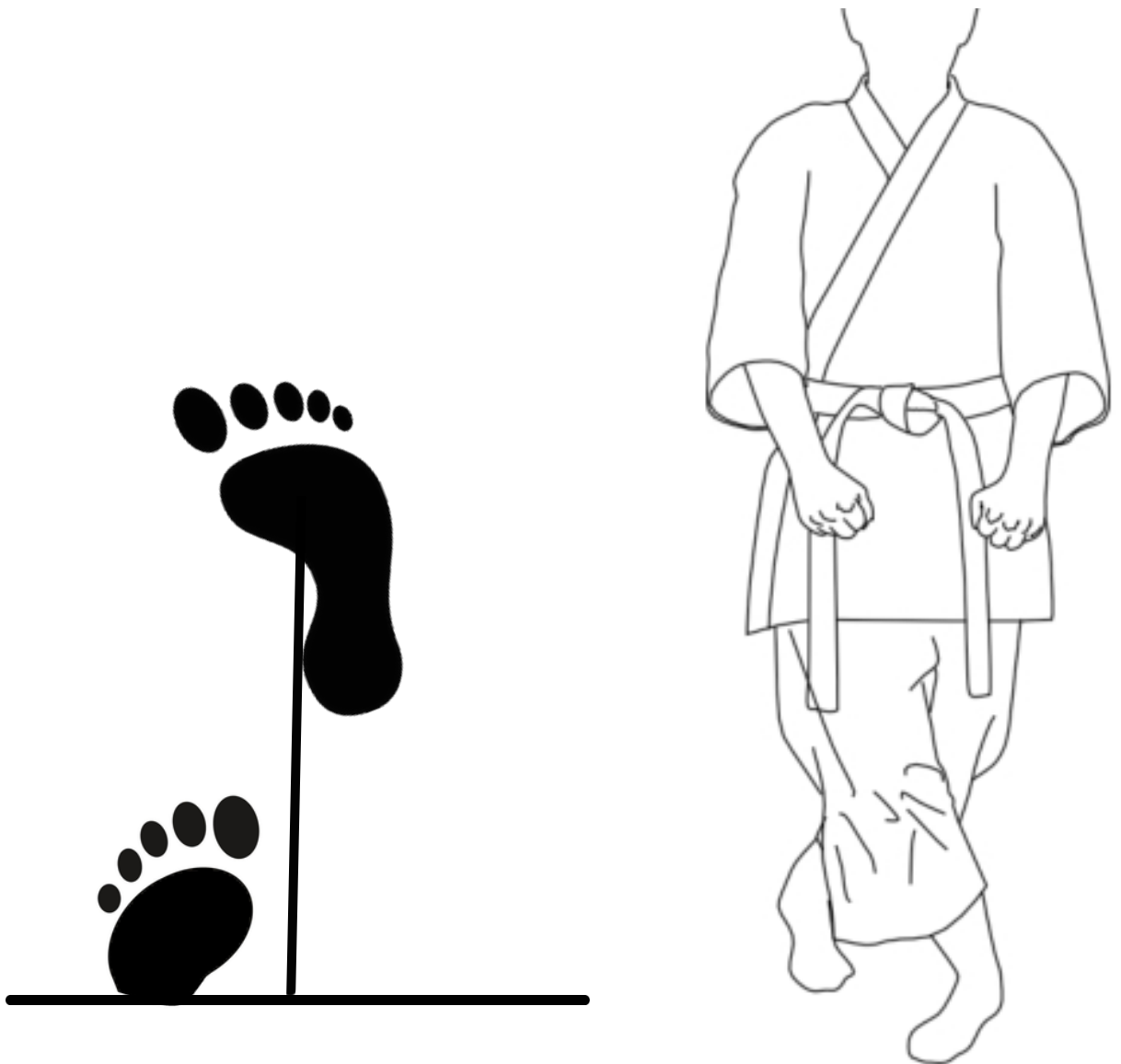


Posicion 11 de 12 - RENOJI DACHI



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Posicion 12 de 12 - Kosa Dachii