

# Chito Ryu Manual

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Our Mission: All members of the United States Chito-ryu Karate Federation shall be guided by the insight of Doctor Tsuyoshi Chitose (O-Sensei) whose dedication

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List of Chito-Ryu Karate Katas. This page will help you to learn the basic katas for Chito-Ryu Karate (i.e. Shihohai, Seisan, Niseishi and Bassai). However, if you

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**Chit -ry - Wikipedia, the free encyclopedia -**

The International Chito-Ryu Karate-do Federation of Australia (ICKFA) is the governing association for Chit -ry d j in Australia.

<http://en.wikipedia.org/wiki/Chit%C5%8D-ry%C5%AB>

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**Instructions for Chito- Ryu Kata - Shihohai - -**

This page provides instructions for Chito-Ryu Karate Kata - Shihohai. For additional Chito-Ryu katas, please visit the main Chito-Ryu Katas page.

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