

Валерий Щитов

# СОВРЕМЕННЫЙ КИКБОКСИНГ



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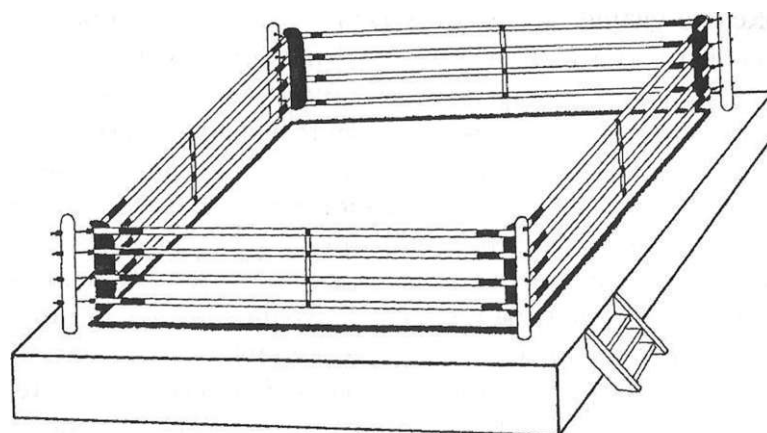


Рис. 1



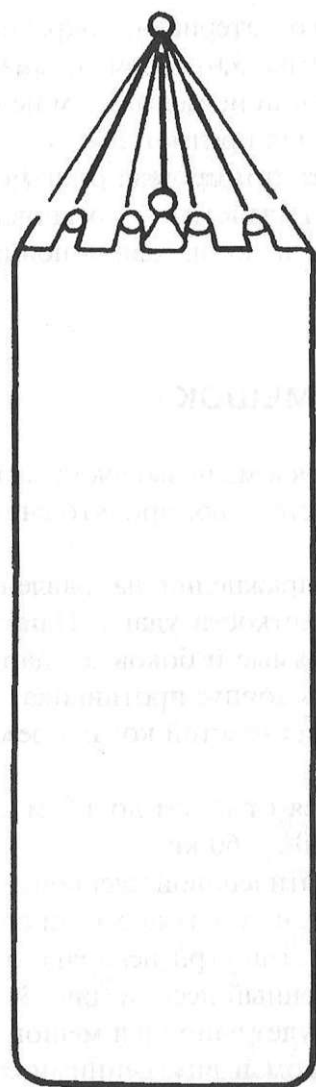


Рис. 2

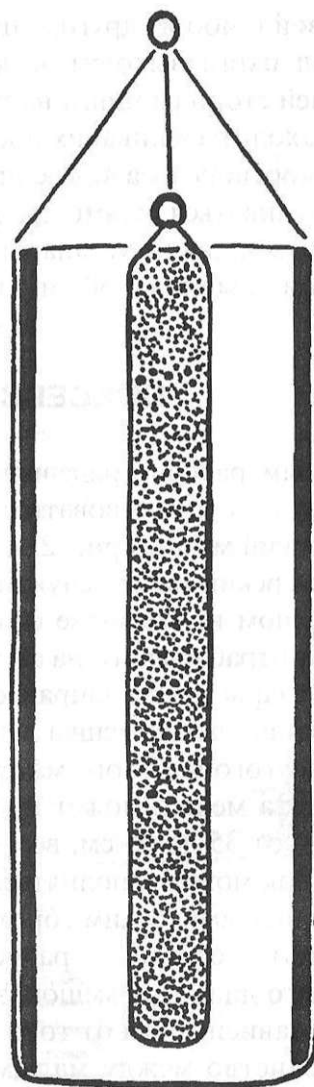
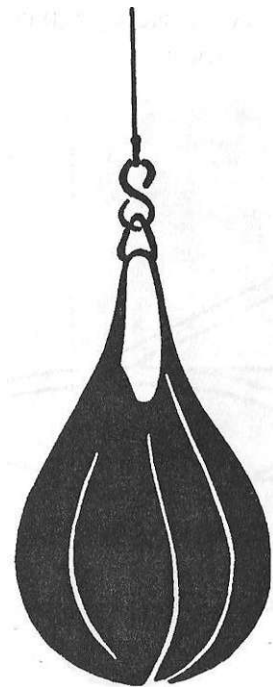


Рис. 3

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*Рис. 4*



( . 5).

( . 6)

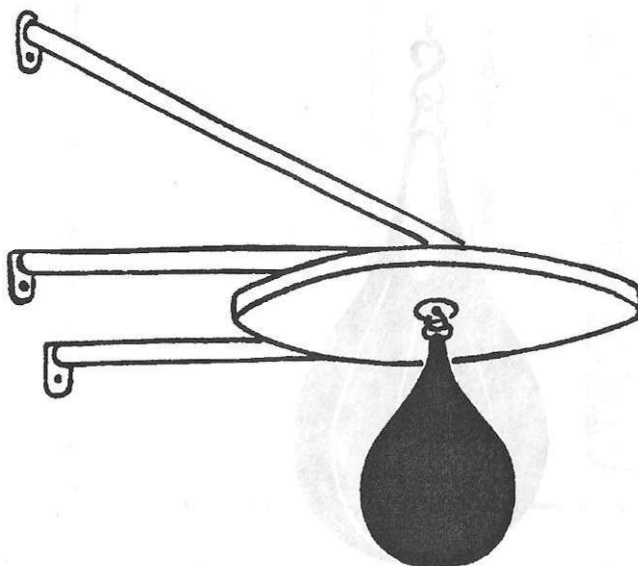


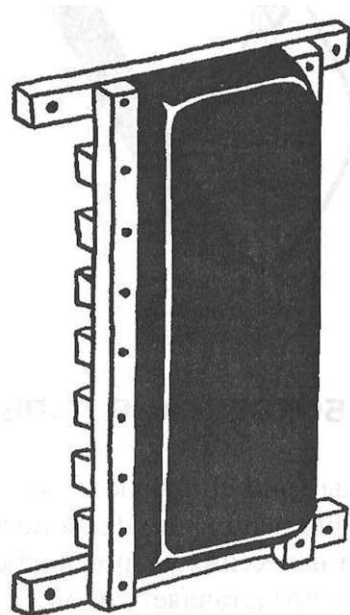
Рис. 5



Рис. 6

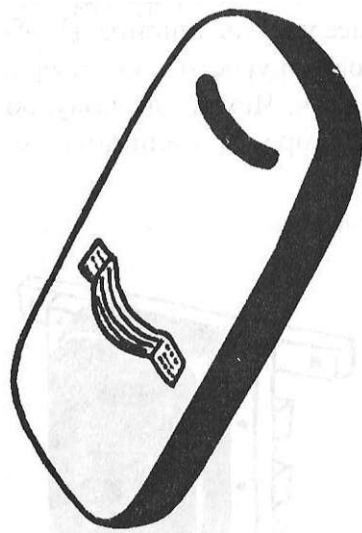
( . 7)

100 , 5 10 . 1,5—2 , - 45—50 , 70—



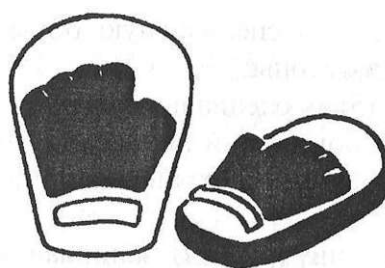
*Рис. 7*

( . 8),



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( . 9)



9

(рис. 10—12):

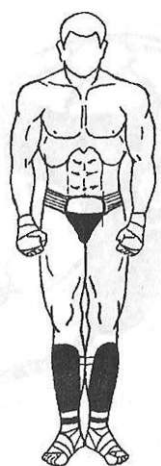


Рис. 10

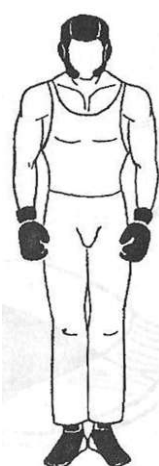


Рис. 11

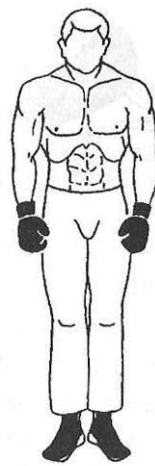


Рис. 12

- 1) ( . 13), -
- 2) ( ), ;
- 3) ( . 14) — ,
- 4) ( . 15) — ;
- 5) ( . 16) -
- 6) ( . 17), -
- 7) ;
- 8) .

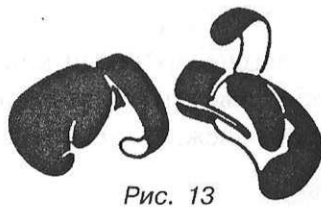


Рис. 13

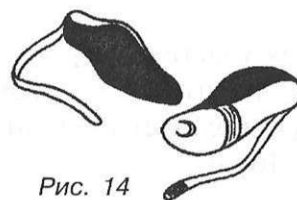


Рис. 14

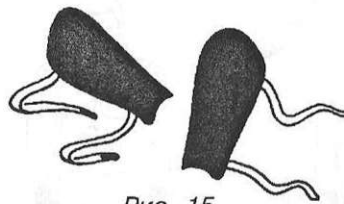


Рис. 15

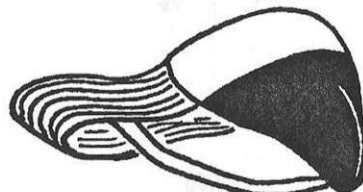


Рис. 17



Рис. 16







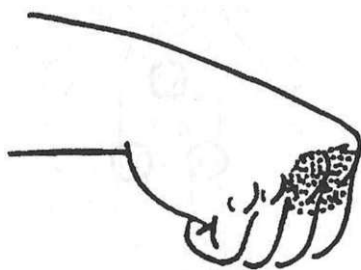


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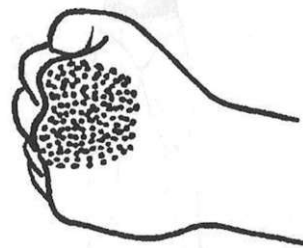
( . 21).

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( . 22).



. 21

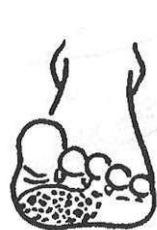


. 22

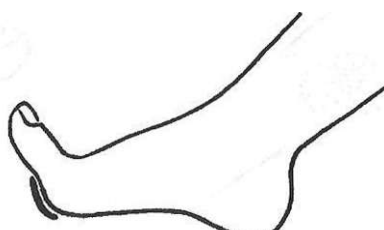
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- 1) ( );
- 2) ( );
- 3) ( );
- 4) ( );

- 1) ( - ),  
( . 23, 24), ;
- 2) ( - ),  
( . 25);



. 23



. 24



*Рис.* 25

- 3) (                      (                      -                      ),                      -  
(                      . 26),                      ;                      (                      -                      -
- 4)                      ),                      (                      . 27);
- 5)                      -                      ),                      (                      . 28);
- 6)                      ,                      360° (                      -                      -                      ),  
(                      . 29, 30);
- 7)                      ,  
(                      . 29, 30).



Рис. 26

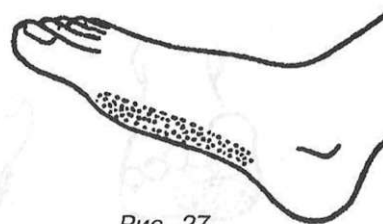


Рис. 27

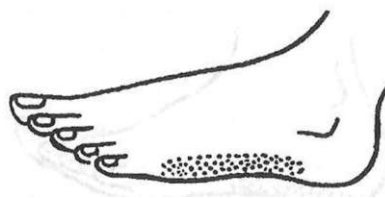


Рис. 28

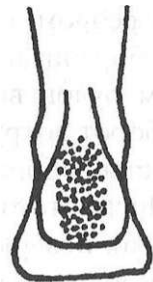


Рис. 29

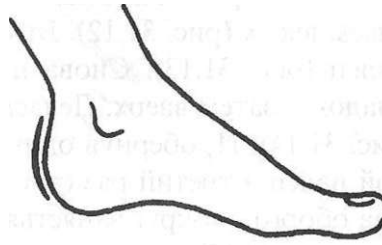


Рис. 30

( . 31.1),  
 ( . 31.2), ( . 31.3), ( .  
 31.4).  
 ( . 31.4). ( . 31.5)  
 ( . 31.6, 31.7, 31.8).  
 ( . 31.9).  
 ( . 31.10).  
 ( . 31.11).

, ( . 31.12).  
 ( . 31.13).  
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 ( . 31.14). ,  
 ( . 31.15).  
 - ( . 31.16).  
 ( . 31.17) ,  
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 ( . 31.18).

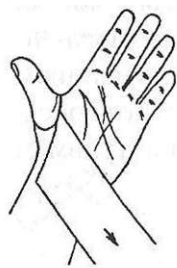


Рис. 31.1

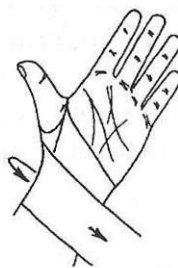


Рис. 31.2

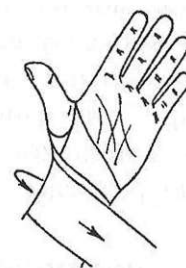


Рис. 31.3



Рис. 31.4



Рис. 31.5

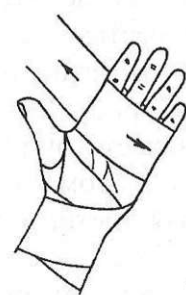


Рис. 31.6

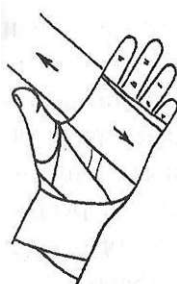


Рис. 31.7

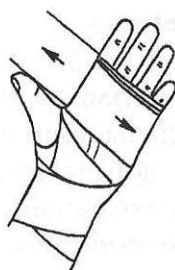


Рис. 31.8

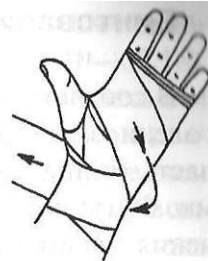


Рис. 31.9

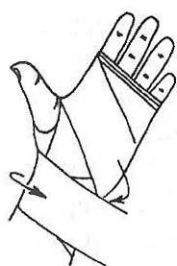


Рис. 31.10

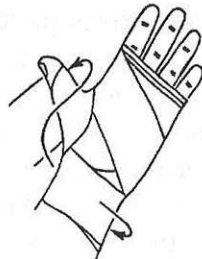


Рис. 31.11

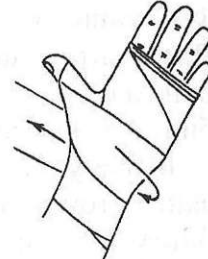


Рис. 31.12

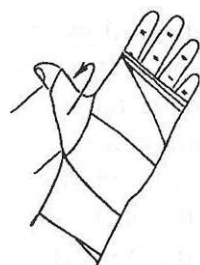


Рис. 31.13

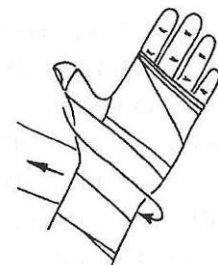


Рис. 31.14

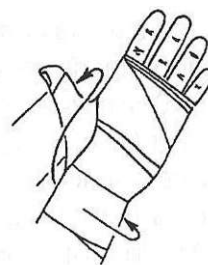


Рис. 31.15

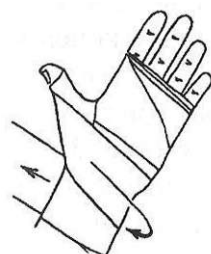


Рис. 31.16



Рис. 31.17



Рис. 31.18



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( . 32.1).  
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( . 32.2).  
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( . 32.3),  
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( . 32.4). , -  
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( . 32.6).  
( . 32.7).  
, ( .  
32.8). ( . 32.9). -

, ( . 32.10—32.16).  
 ,  
 ( . 32.17).  
 (32.18, 32.19).  
 ( . 32.20, 32.21).  
 ( . 32.22—  
 32.24) ( . 32.25).



Рис. 32.1

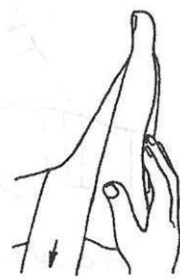


Рис. 32.2

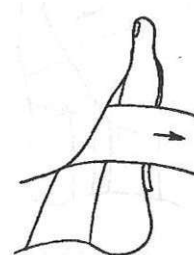


Рис. 32.3

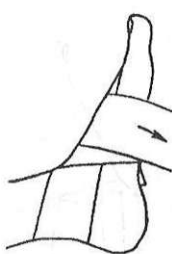


Рис. 32.4

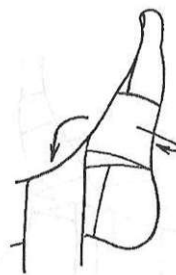


Рис. 32.5

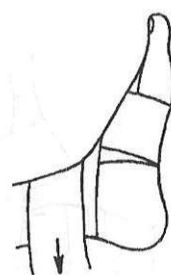
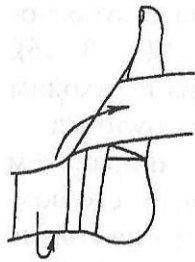
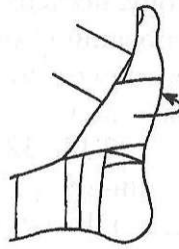


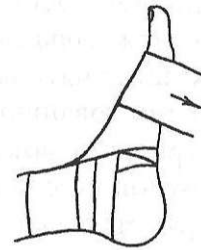
Рис. 32.6



. 32.7



. 32.8



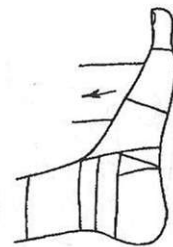
. 32.9



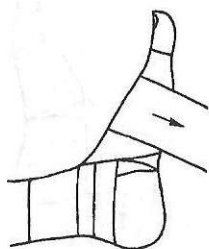
. 32.10



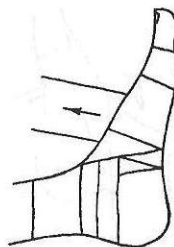
. 32.11



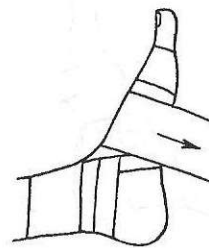
. 32.12



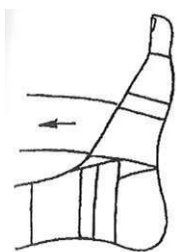
Puc. 32.22 Puc. 32.23



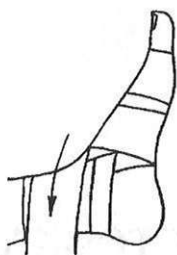
Puc. 32.24



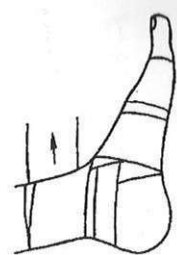
Puc. 32.25



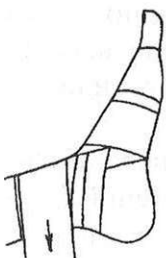
. 32.16



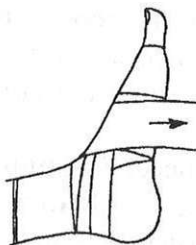
. 32.17



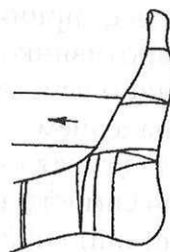
. 32.18



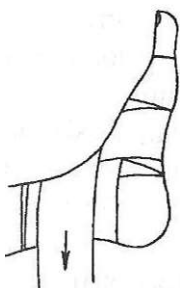
. 32.19



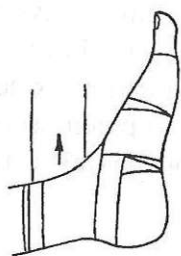
. 32.20



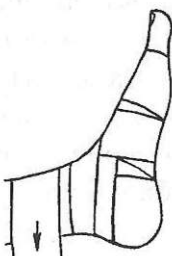
. 32.21



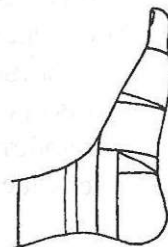
Puc. 32.22



Puc. 32.23



Puc. 32.24



Puc. 32.25





Рис. 33

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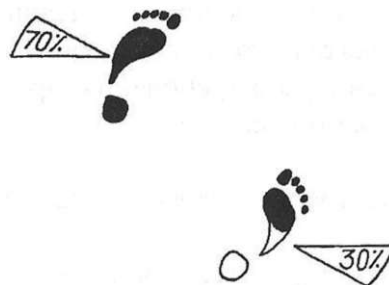
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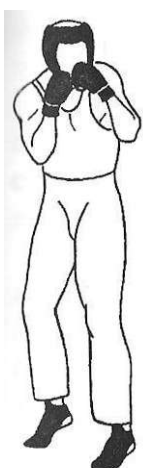
- 7) ;
- 8) ;
- 9) ;
- 10) ,
- 11) ;
- 12) 60—70% ( . 34);
- 13) ;
- 14) , 30—40% ( . 34);



. 34

( . 35); ( . 36); ( . 37);  
( . 38).  
( . 39 — , . 40 —  
).

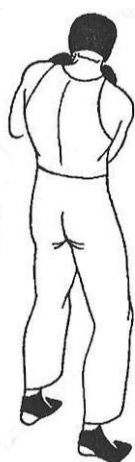




. 35



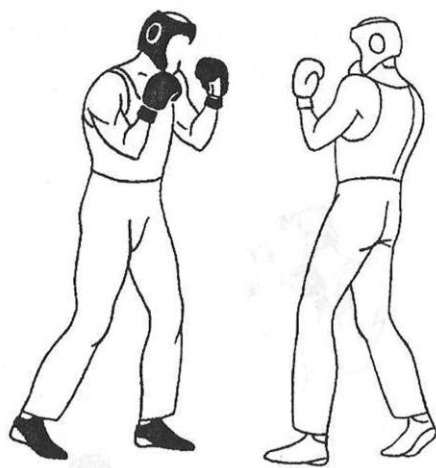
. 36



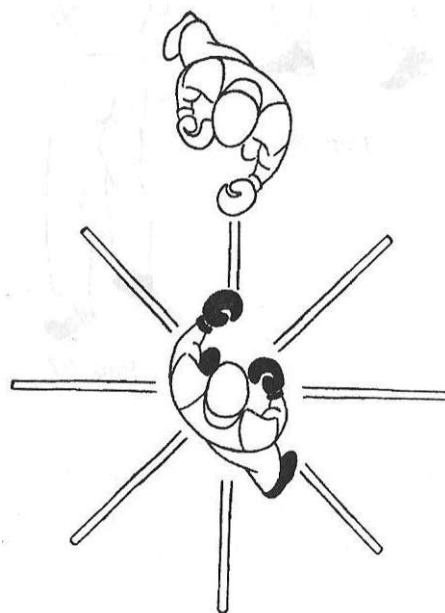
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*Рис. 38*



. 39



*Рис. 40*

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40—30% ， -

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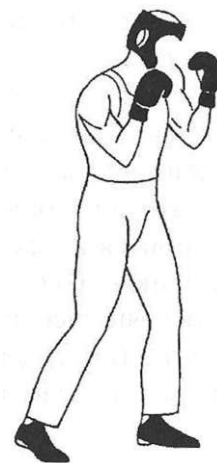
, 60—70% ( . 42 —  
 , . 45 — ), -  
 , -  
 ( . 43 — ,  
 . 46 — ).



. 41



. 42



. 43



. 44

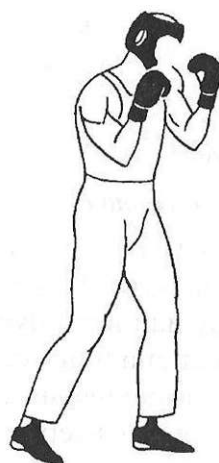


*Puc.* 45



*Puc.* 46

, . 50 —  
 ( . 47 —  
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 (60—70% —  
 , 40—30% —  
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 30—50  
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 ( . 48 — , . 51 — ),  
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 ( . 49 — , . 52 — ).



. 47



РИС. 50



Рис. 48



Рис. 51



Рис. 49



Рис. 52

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( . 54) , ( . 53)  
 ( . 55),  
 ( . 56),  
 ( . 57).

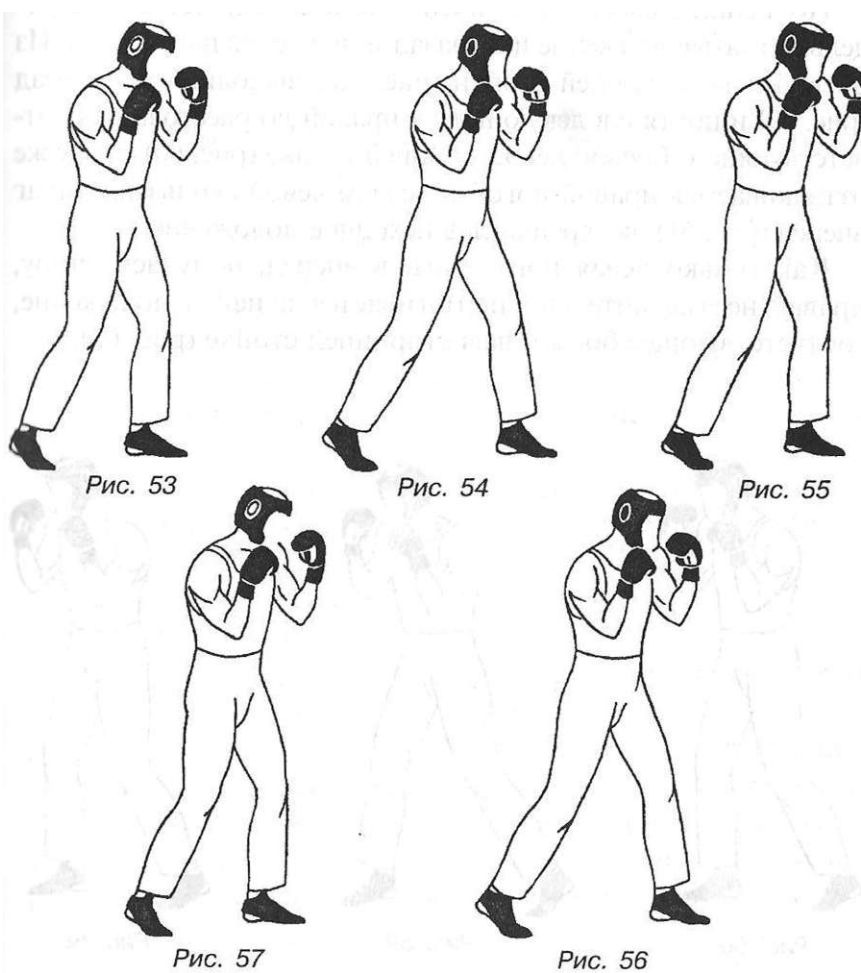




Рис. 60



Рис. 59



Рис. 58

( . 59)

( . 58),

( . 60),

( . 61),

( . 62).





Рис. 61



Рис. 62

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 ( . 63) ,  
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 ( . 64),  
 ( . 65),  
 ( . 66).



Рис. 63



Рис. 64



Рис. 65

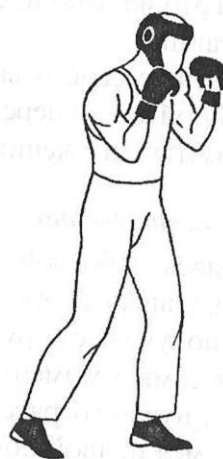


Рис. 66



Рис. 69



Рис. 68



Рис. 67

70%),

( . 67), -  
( . 68).  
( . 69).  
(60—  
( . 70) ,



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( . 71 —

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( . 72 — ,

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( . 73 — , . 76 —

, . 78 — ).

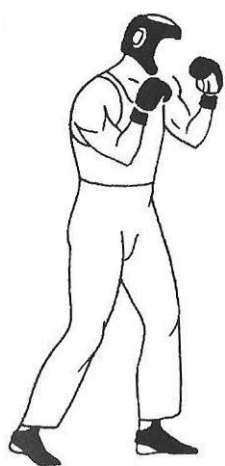


Рис. 71

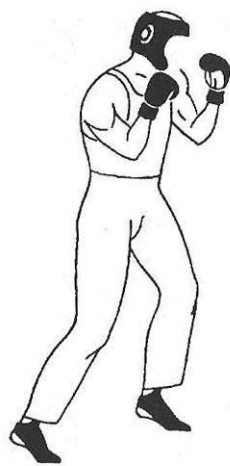


Рис. 72



Рис. 73

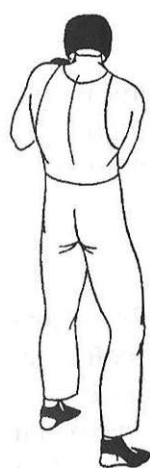


Рис. 74

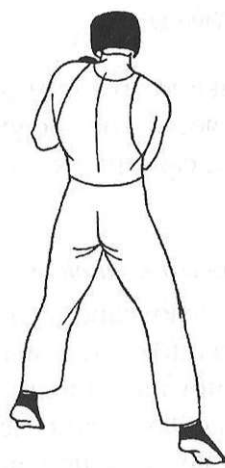


Рис. 75

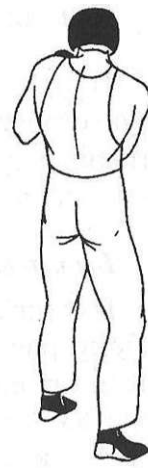
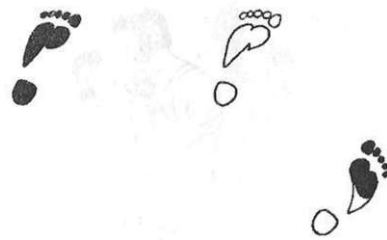


Рис. 76



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Рис. 79



Рис. 80



Рис. 81

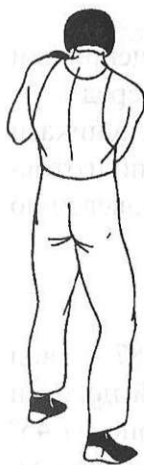


Рис. 82

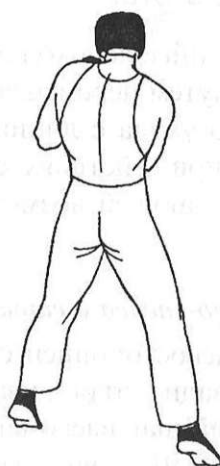
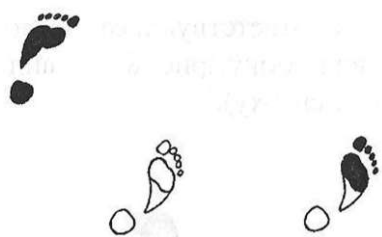


Рис. 83



Рис. 84



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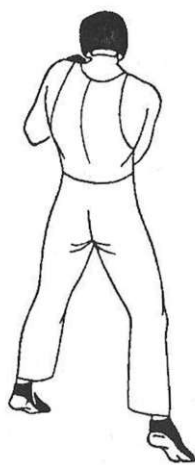
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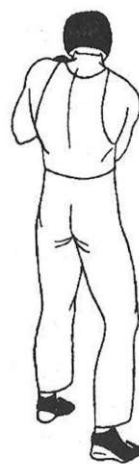
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*Puc. 92*



*Puc. 91*



*Puc. 90*



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Рис. 95



Рис. 96



Рис. 97

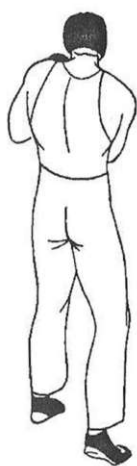


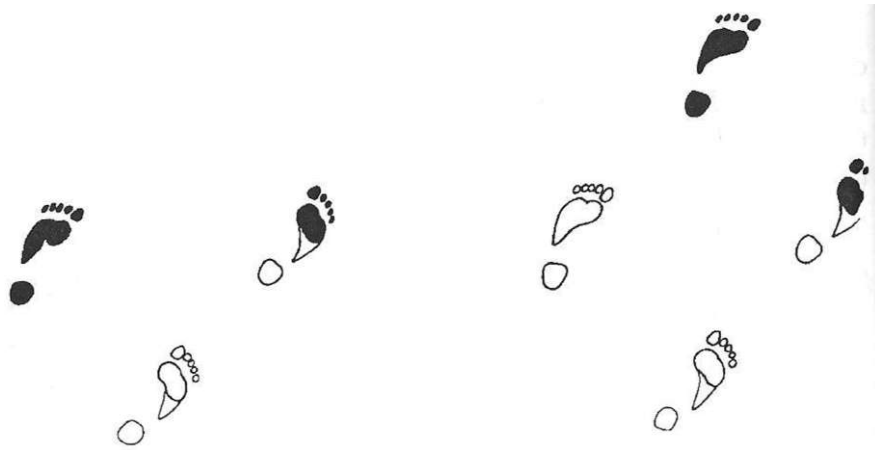
Рис. 98



Рис. 99



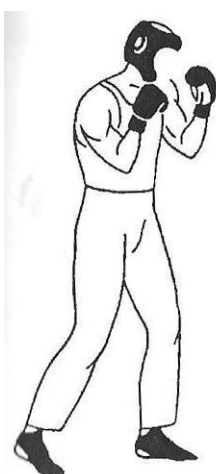
Рис. 100



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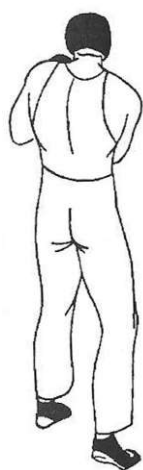
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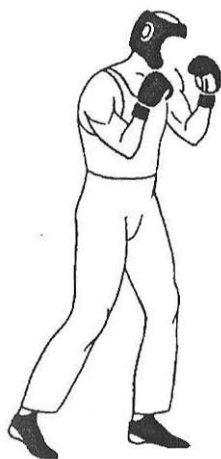


Рис. 113



Рис. 112

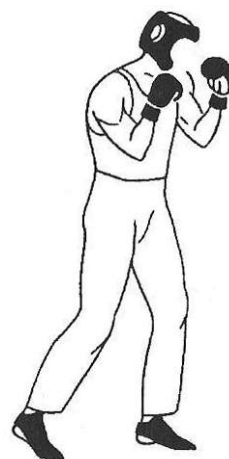


Рис. 111



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Рис. 119



Рис. 120

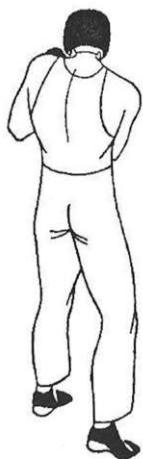


Рис. 121



Рис. 122

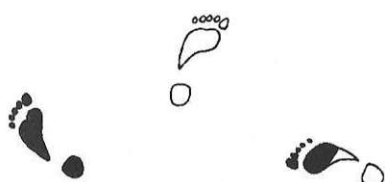


Рис. 123

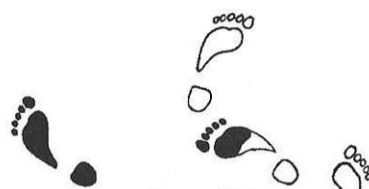


Рис. 124

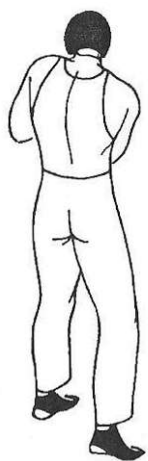
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 ( . 129 — ).  
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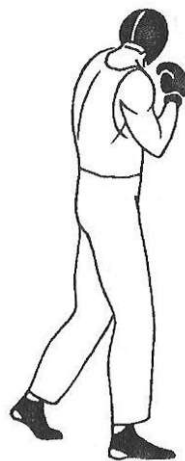
Рис. 125



Рис. 126



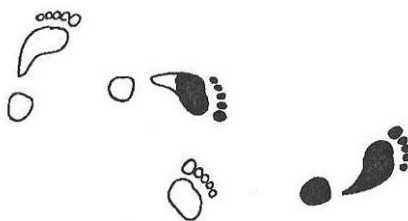
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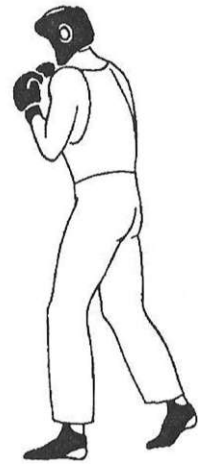
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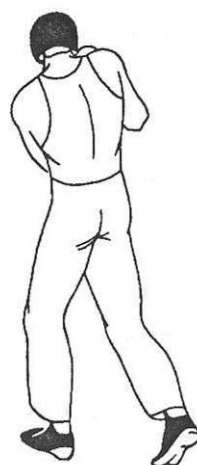


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Рис. 143

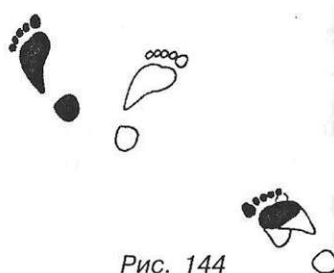


Рис. 144

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Рис. 144 —

( Рис. 145 —

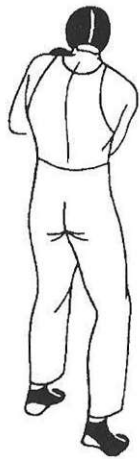
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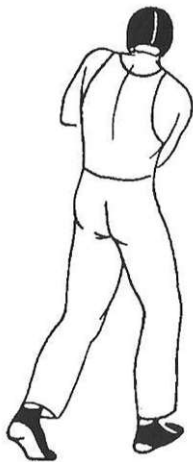
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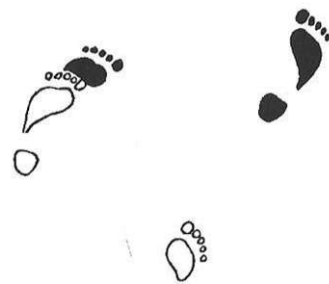
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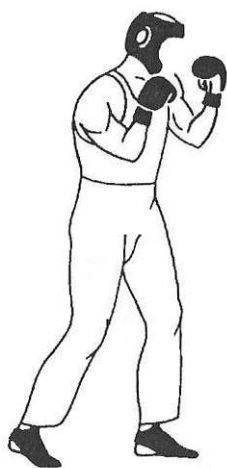


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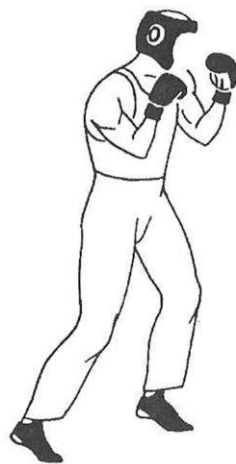


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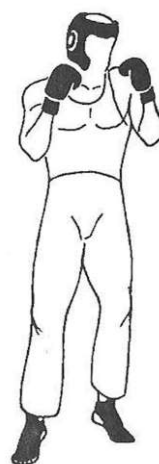
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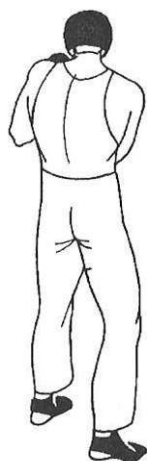


Рис. 152



Рис. 153

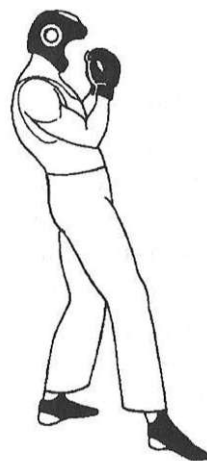
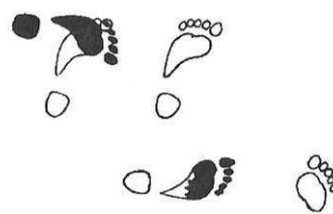


Рис. 154



155

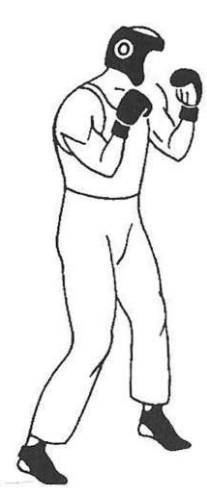


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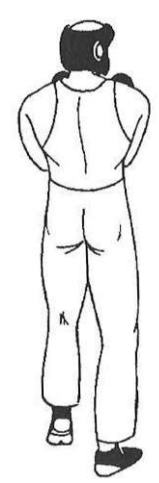
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Рис. 160



Рис. 161



Рис. 162



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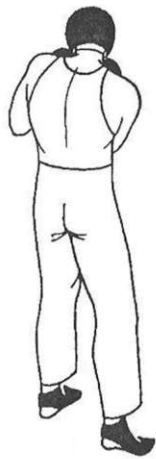


Рис. 166

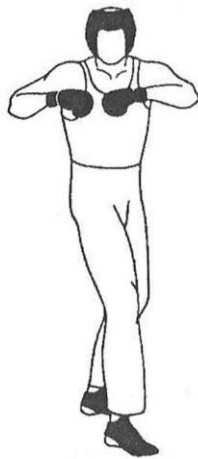


Рис. 167

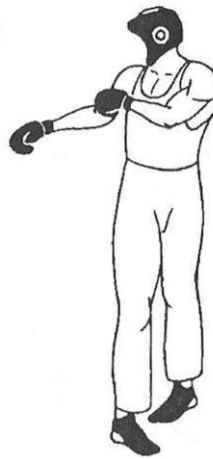


Рис. 168

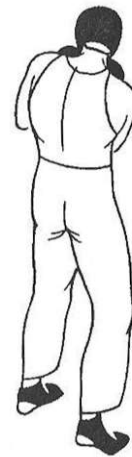
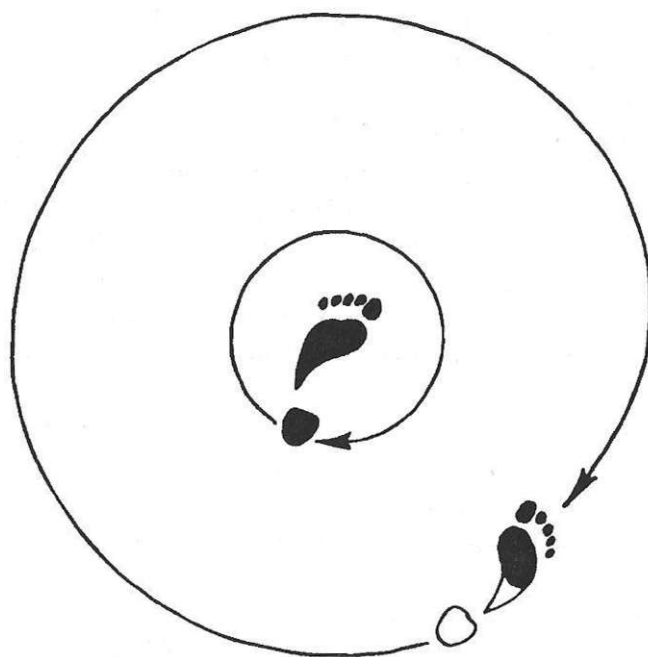


Рис. 169



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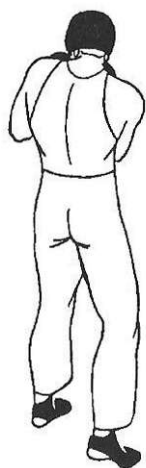
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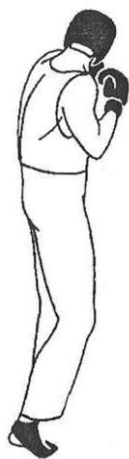
( . 173 — ),  
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( . 176).  
( . 178 — ).  
( . 172 — ).  
. 177 —



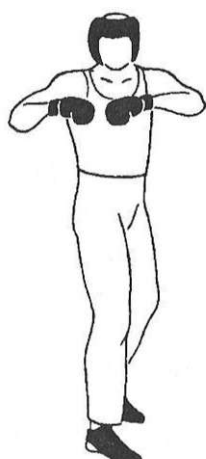
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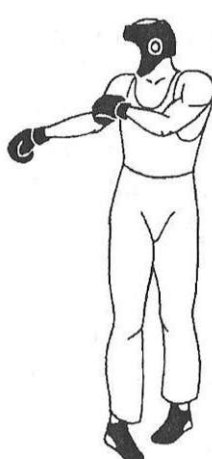
. 117



. 173



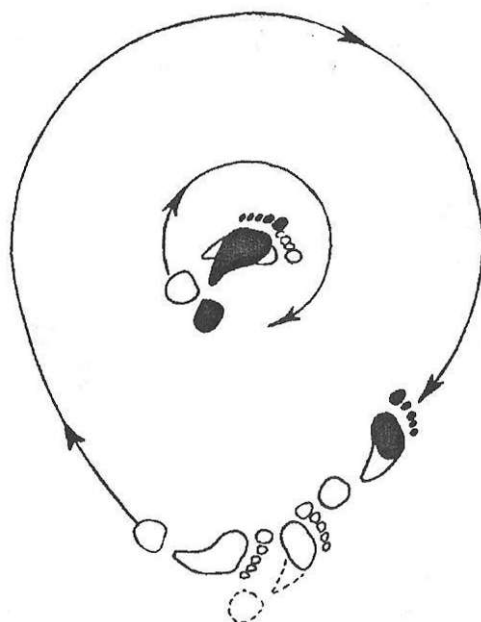
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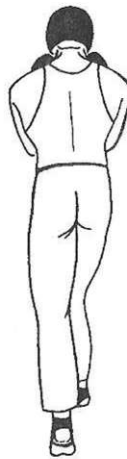
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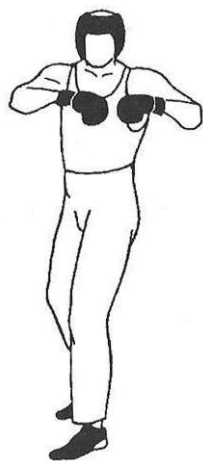
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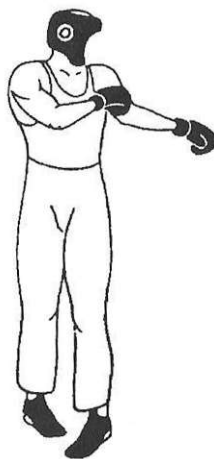
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( . 185 — ).

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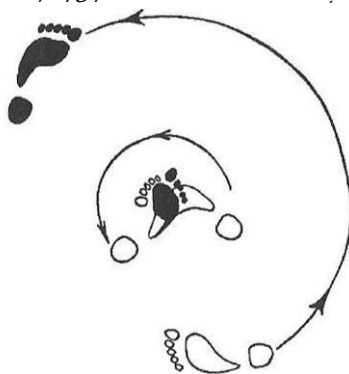
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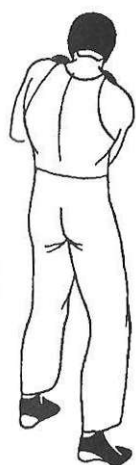
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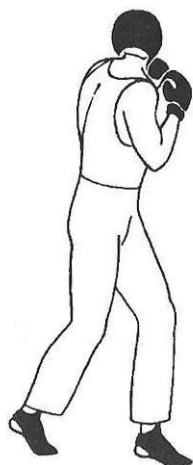
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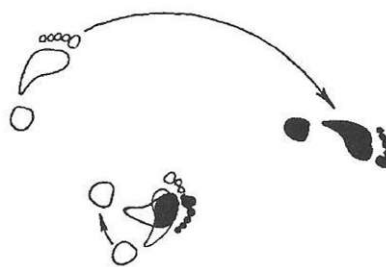
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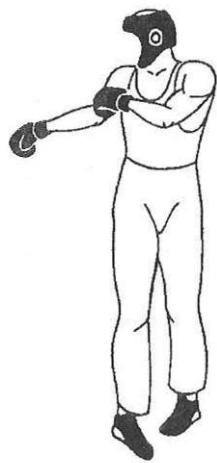


Рис. 189

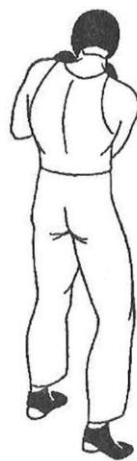


Рис. 190

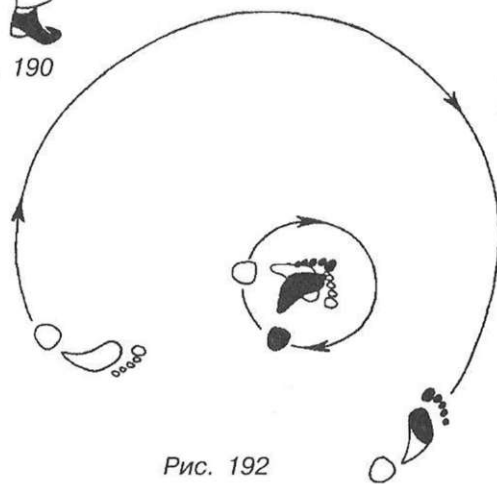


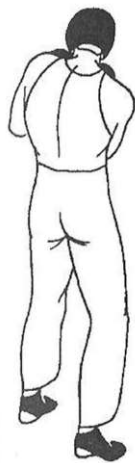
Рис. 192

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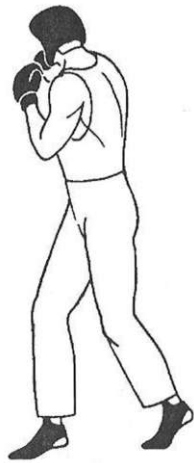
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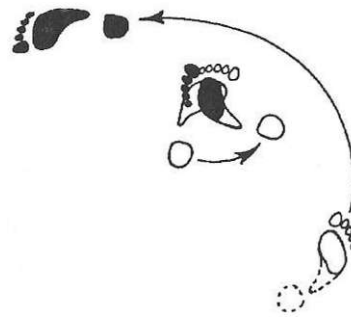
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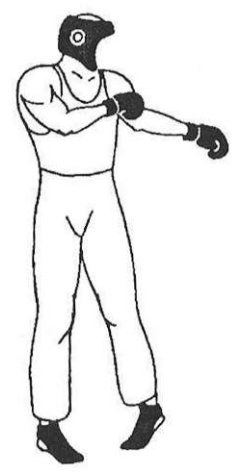
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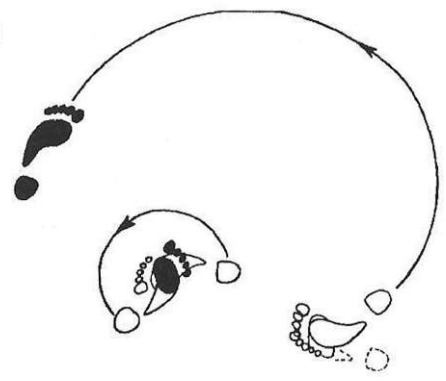
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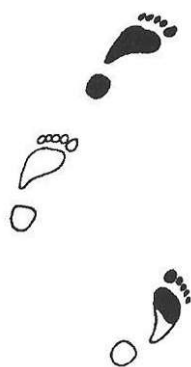
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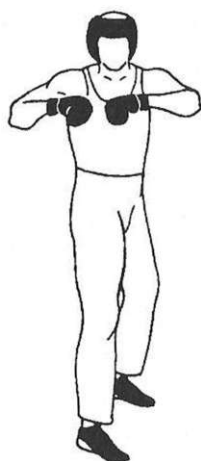


Рис. 201

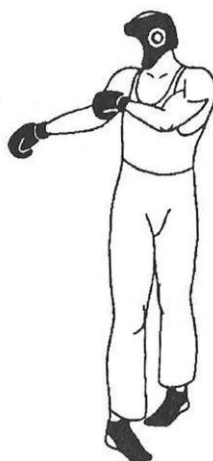


Рис. 202

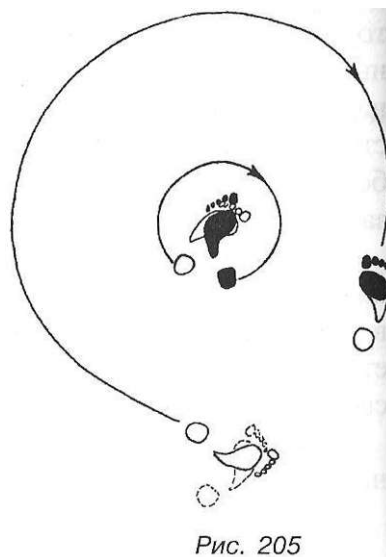


Рис. 205



Рис. 203

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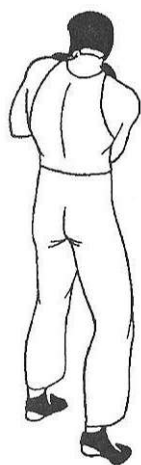
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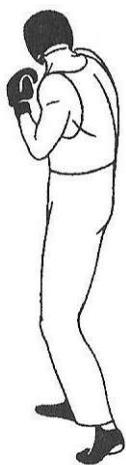
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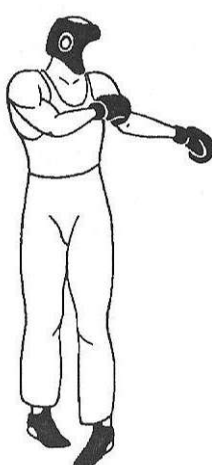
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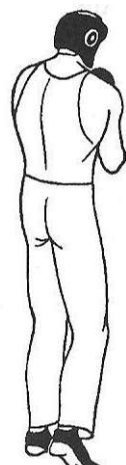
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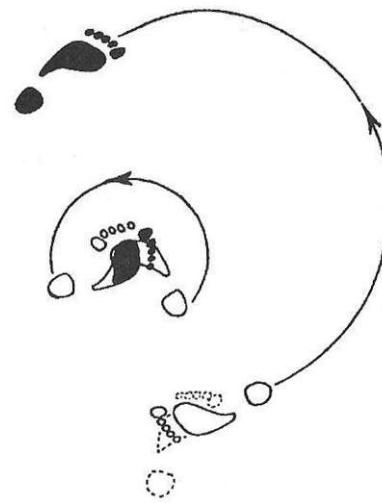
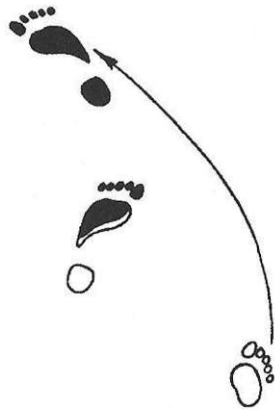
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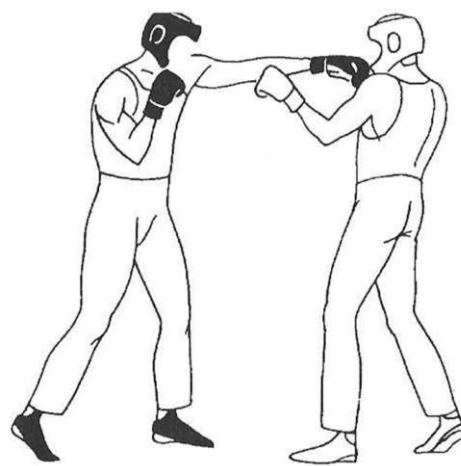
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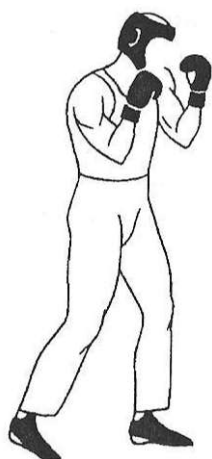
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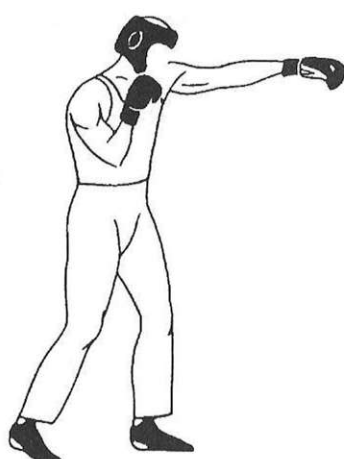
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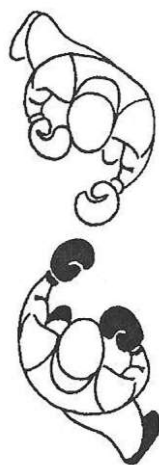
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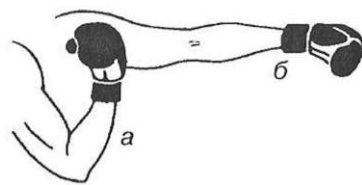


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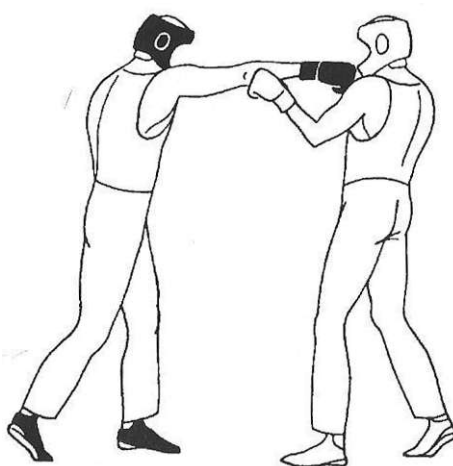
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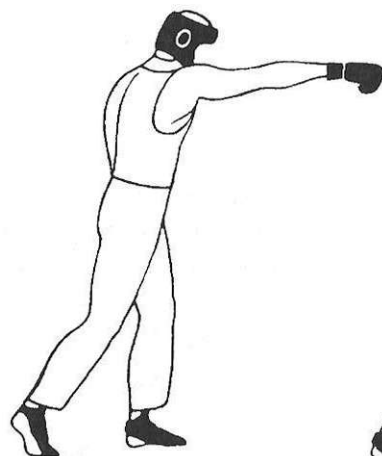
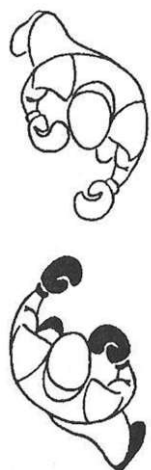


Рис. 224



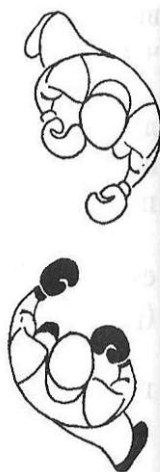
Рис. 225



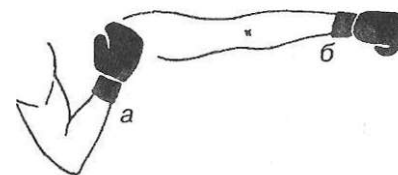
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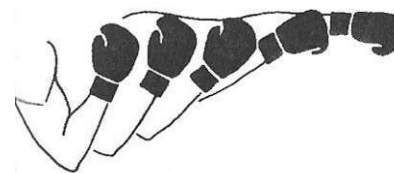
. 228



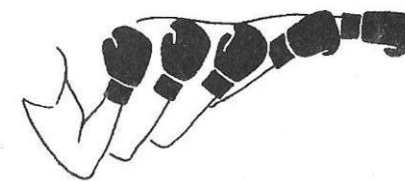
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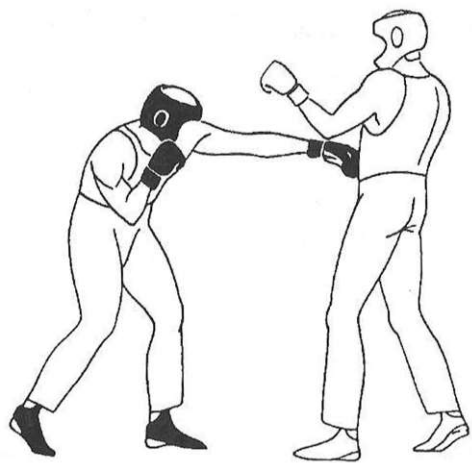


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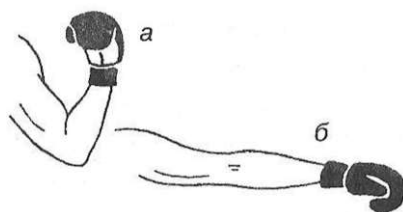
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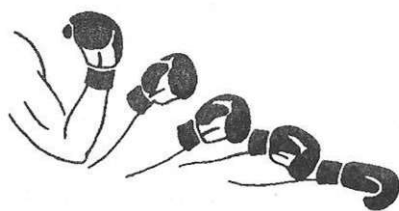




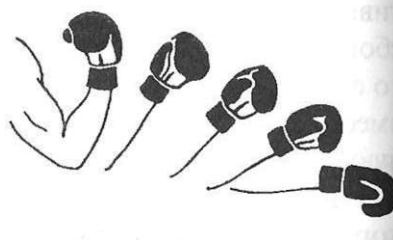
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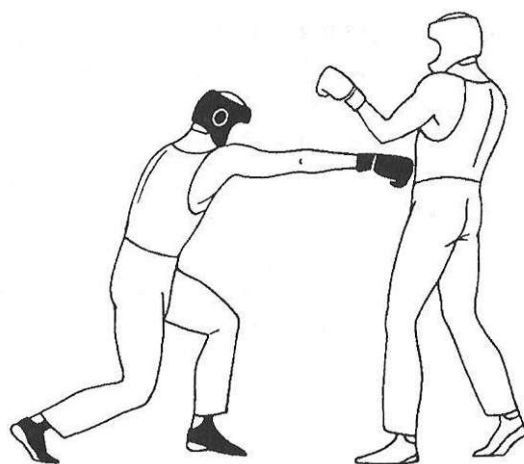
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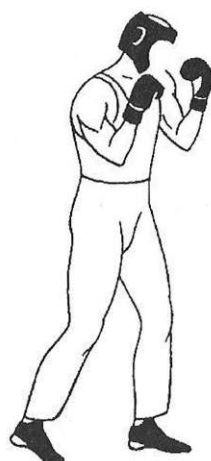


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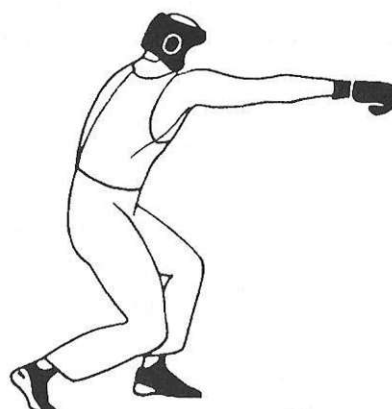
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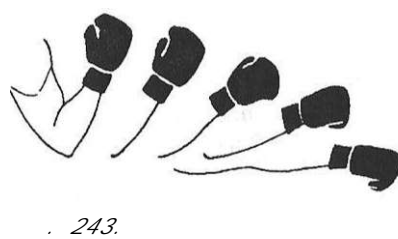
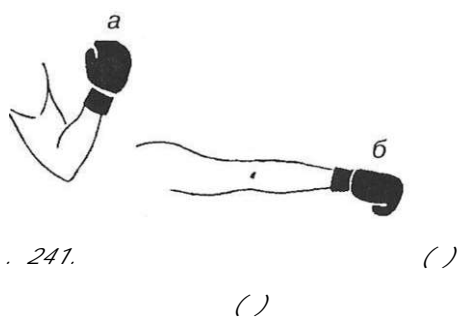
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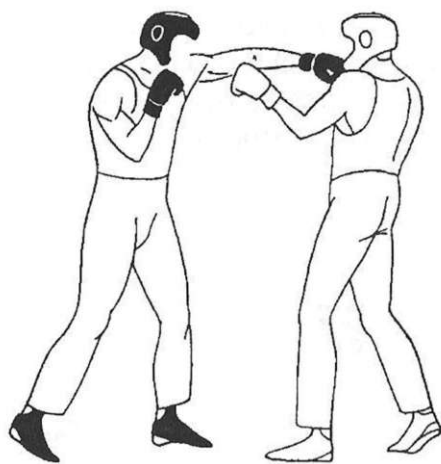


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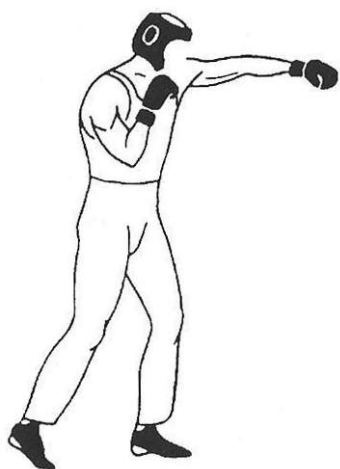
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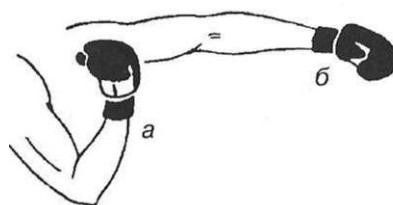
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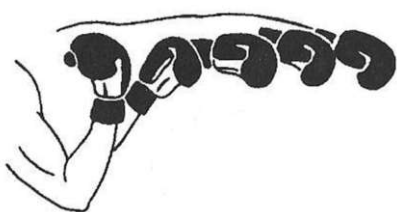
. 249



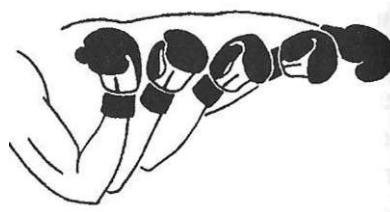
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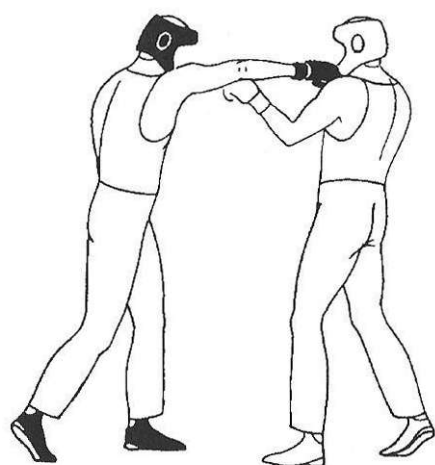


Рис. 253

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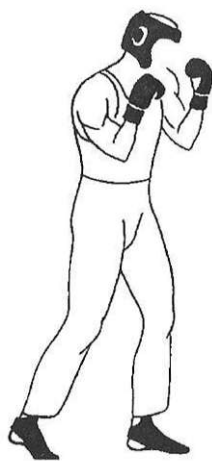


Рис. 254

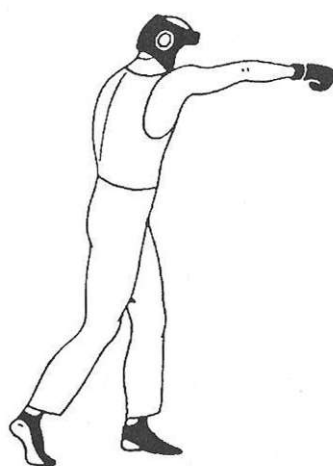
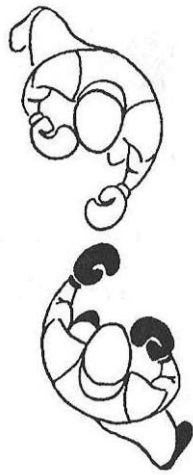


Рис. 255



Рис. 256

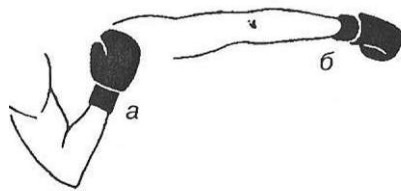


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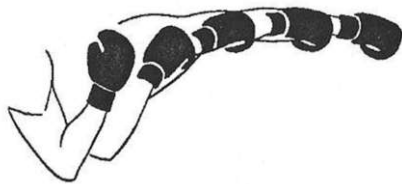
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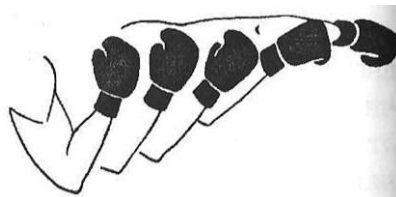
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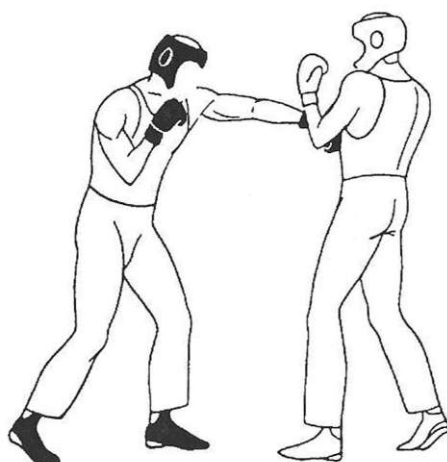
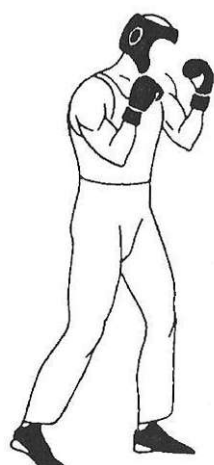
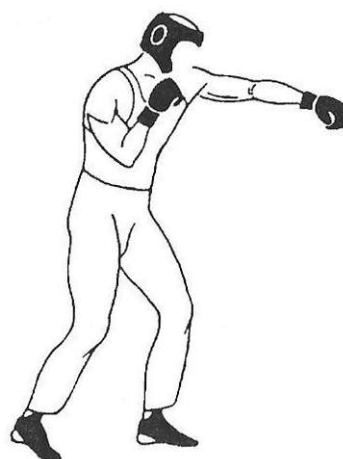


Рис. 262



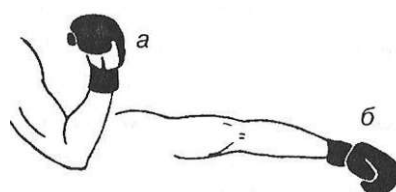
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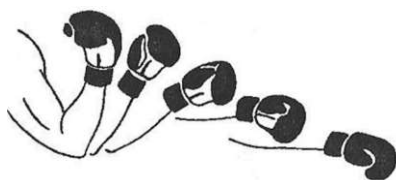
( . 263).



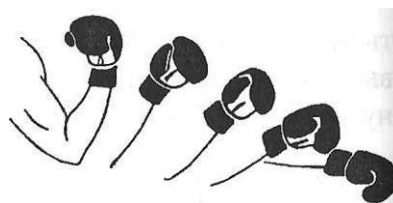
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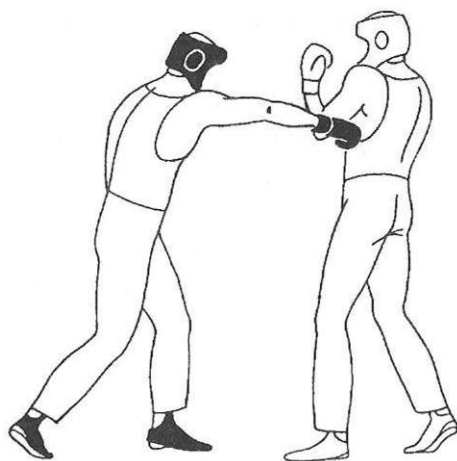


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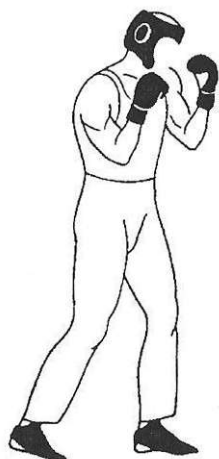


Рис. 269

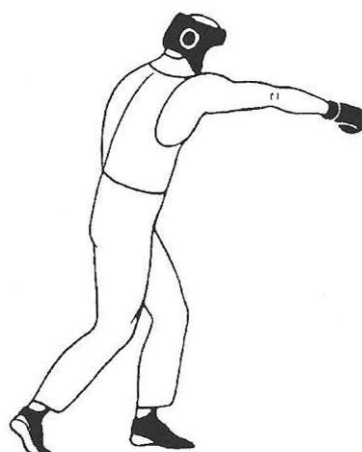
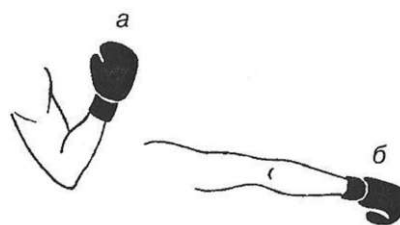


Рис. 270



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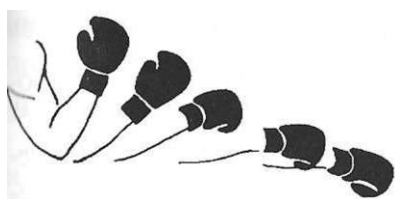


Рис. 273.

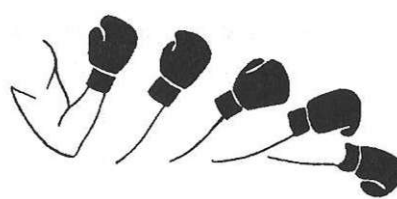


Рис. 272.

(Рис. 274),

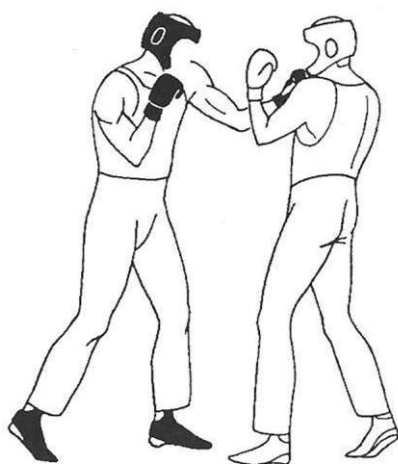


Рис. 274

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Рис. 275

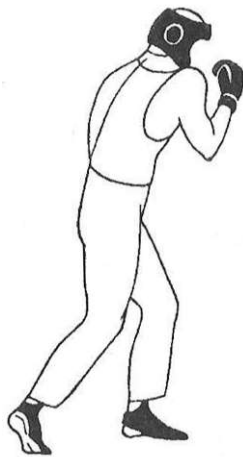
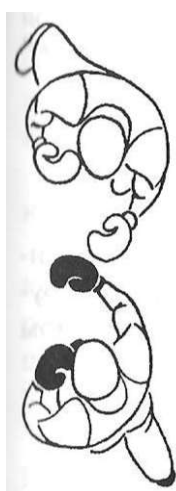


Рис. 276



Рис. 277

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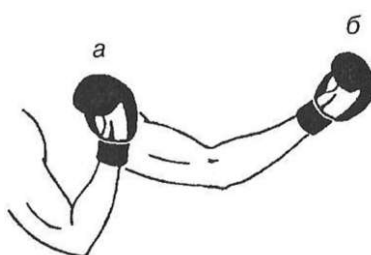
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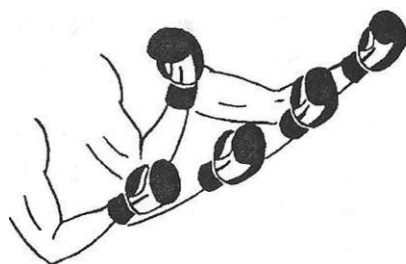
. 280



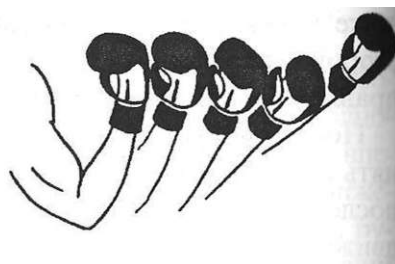
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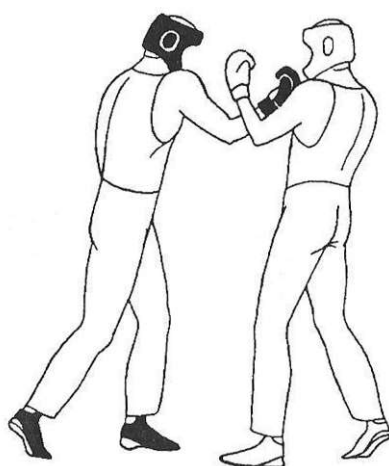
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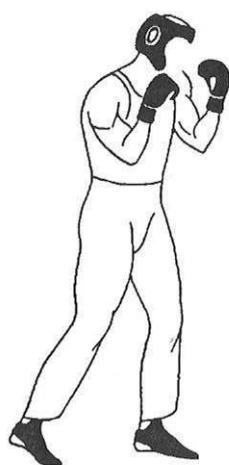


Рис. 285

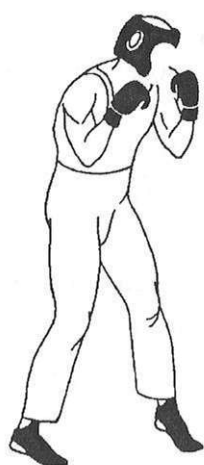


Рис. 286

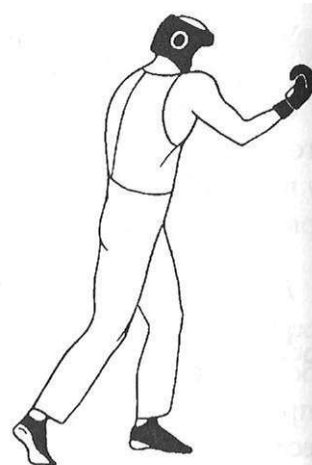


Рис. 287



Рис. 288

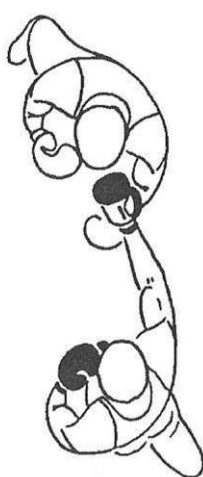
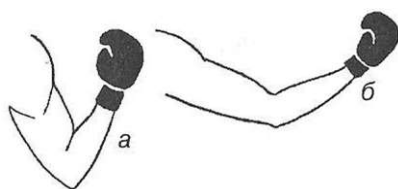


Рис. 289



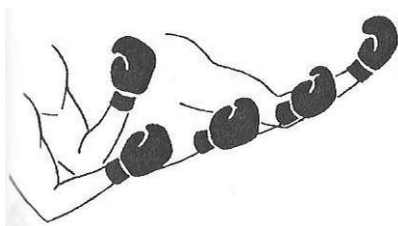
Рис. 290



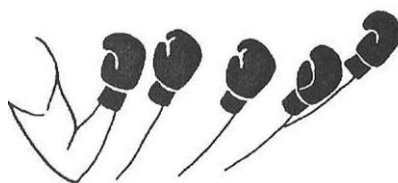
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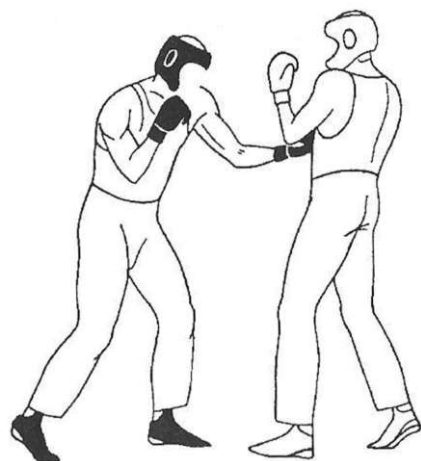


Рис. 294

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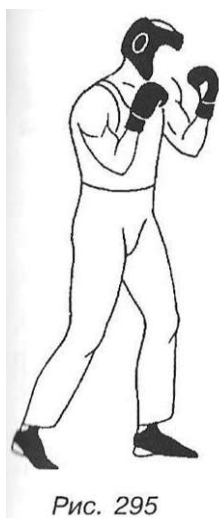


Рис. 295

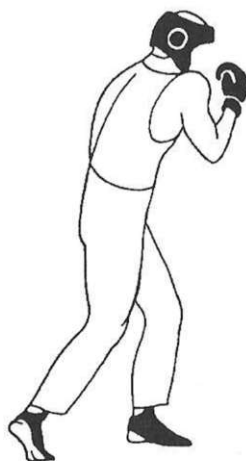


Рис. 296

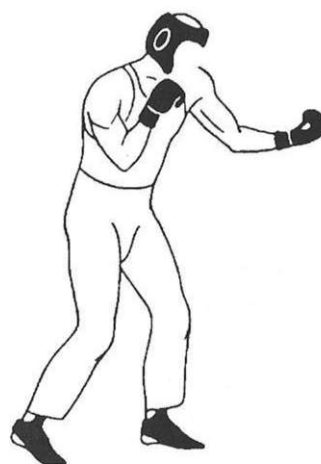
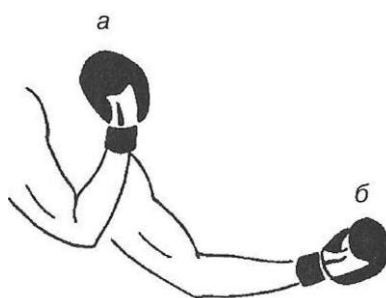


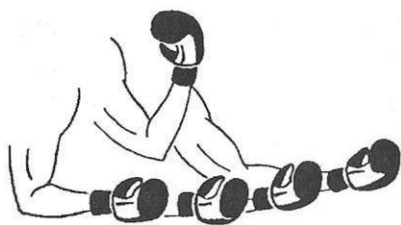
Рис. 297



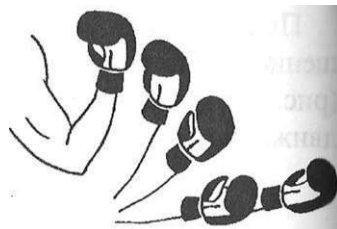
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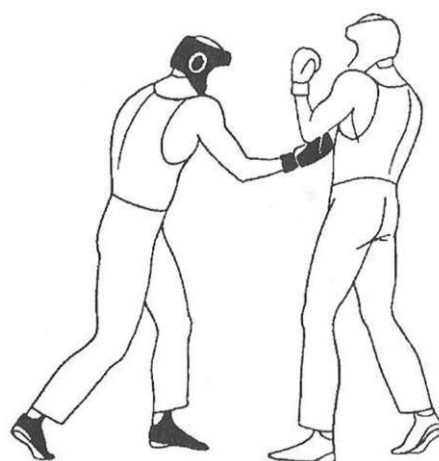
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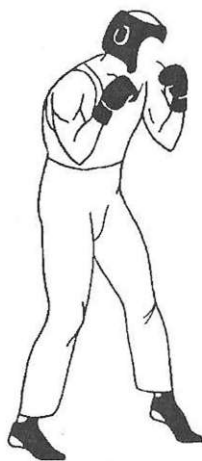
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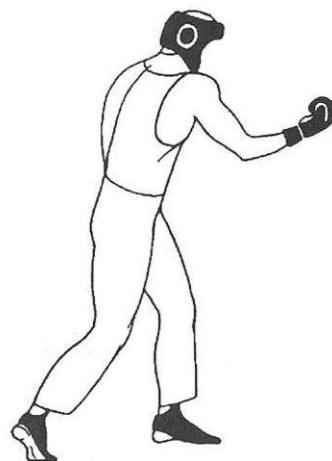
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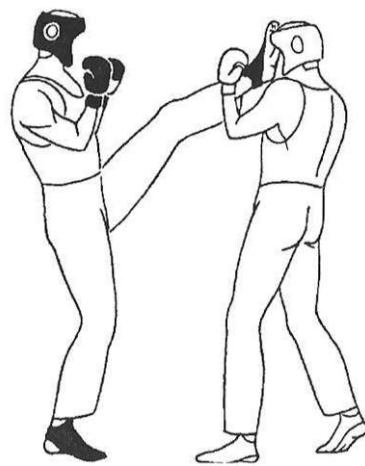
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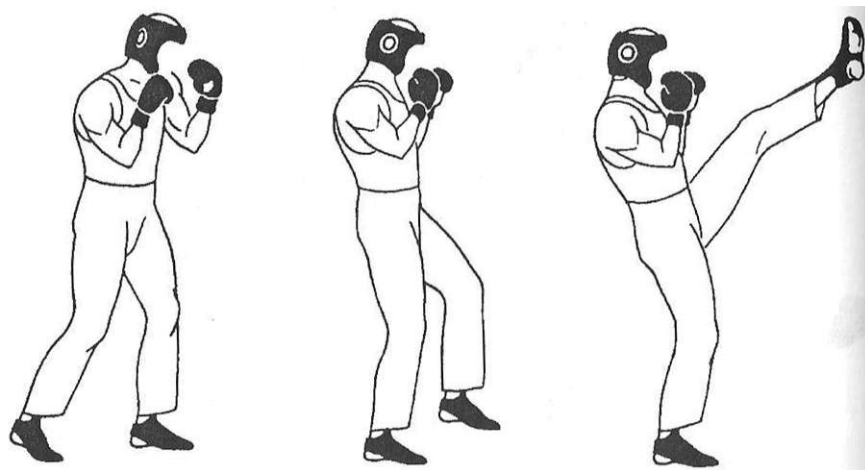
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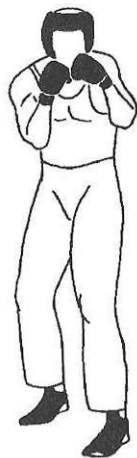


Рис. 312



Рис. 313

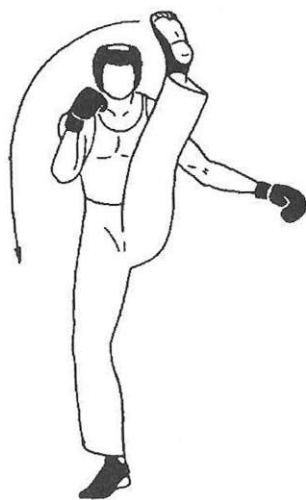


Рис. 314

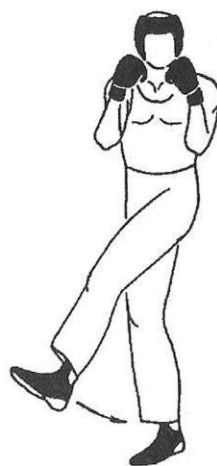


Рис. 315

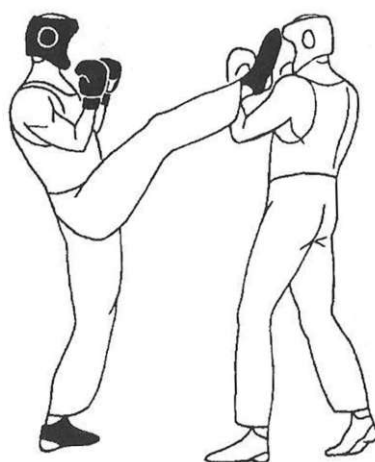
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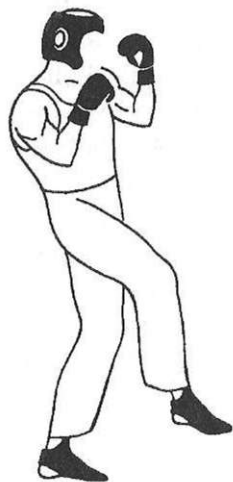
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 ( . 323 — ), -



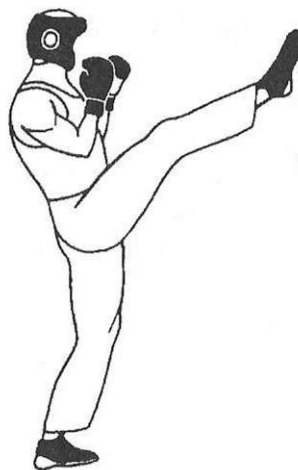
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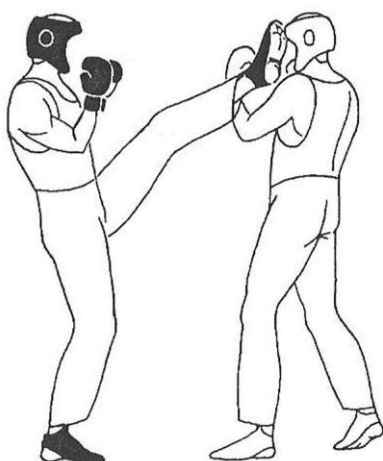


Рис. 324



Рис. 325



Рис. 326



Рис. 327

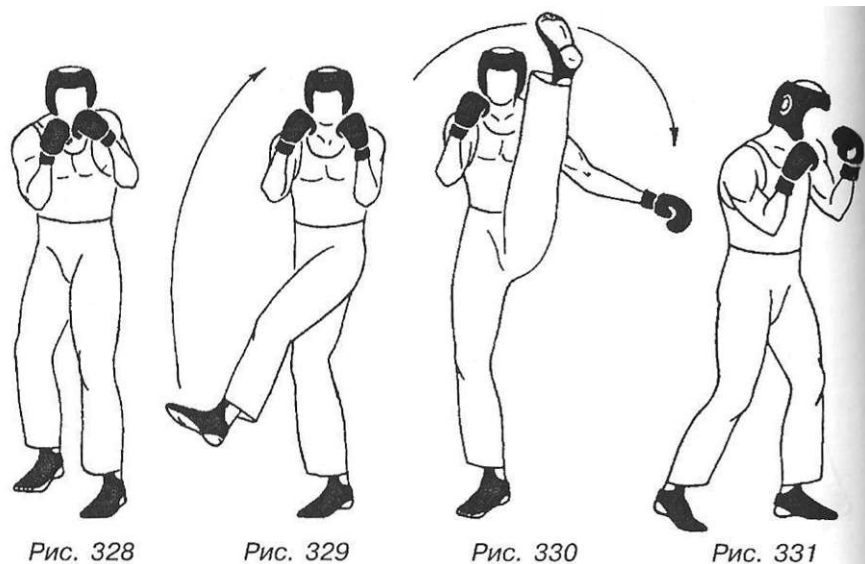


Рис. 328

Рис. 329

Рис. 330

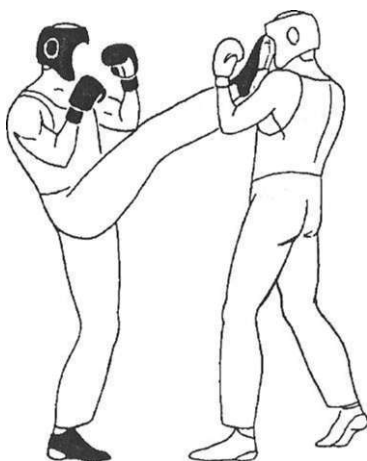
Рис. 331

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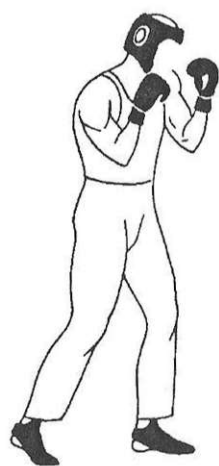
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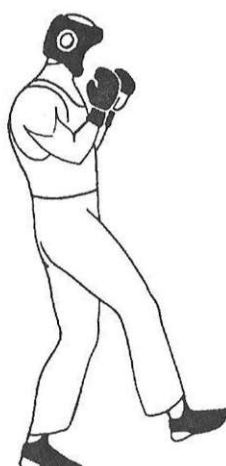
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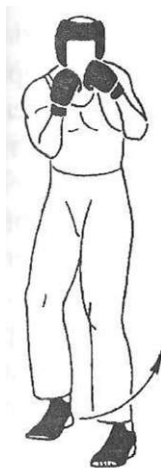
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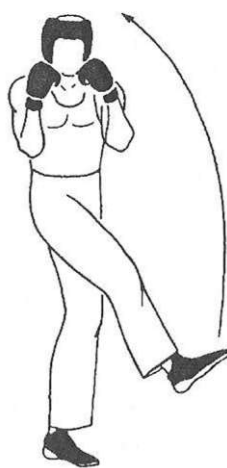
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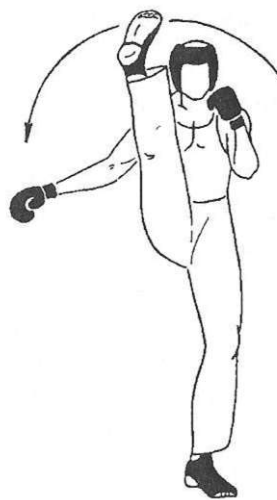
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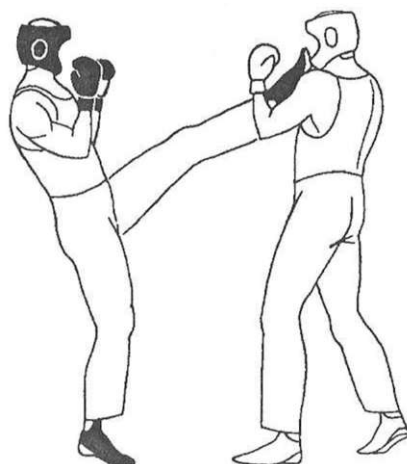
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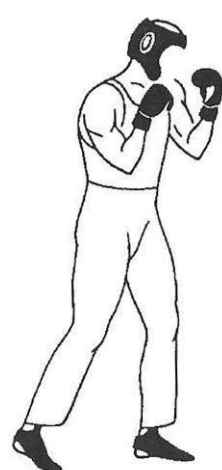
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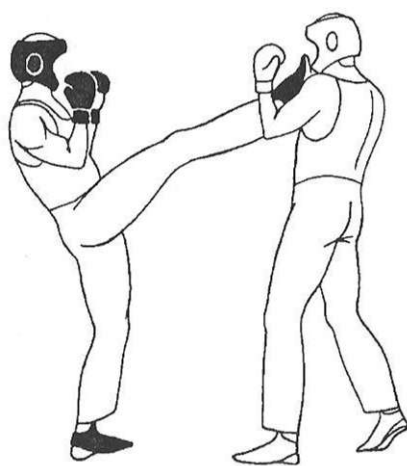
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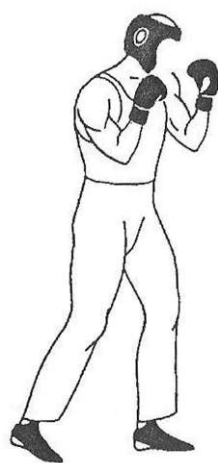


Рис. 344

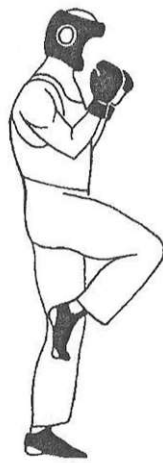


Рис. 345



Рис. 346



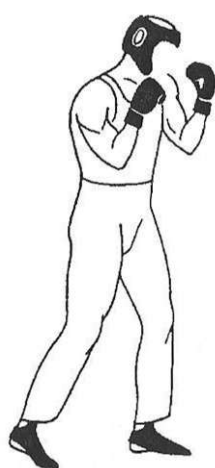


Рис. 348



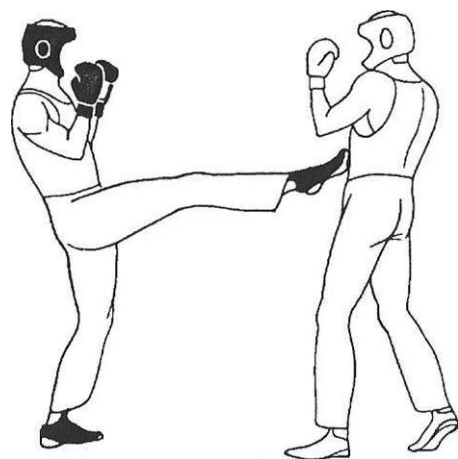
Рис. 349



Рис. 350

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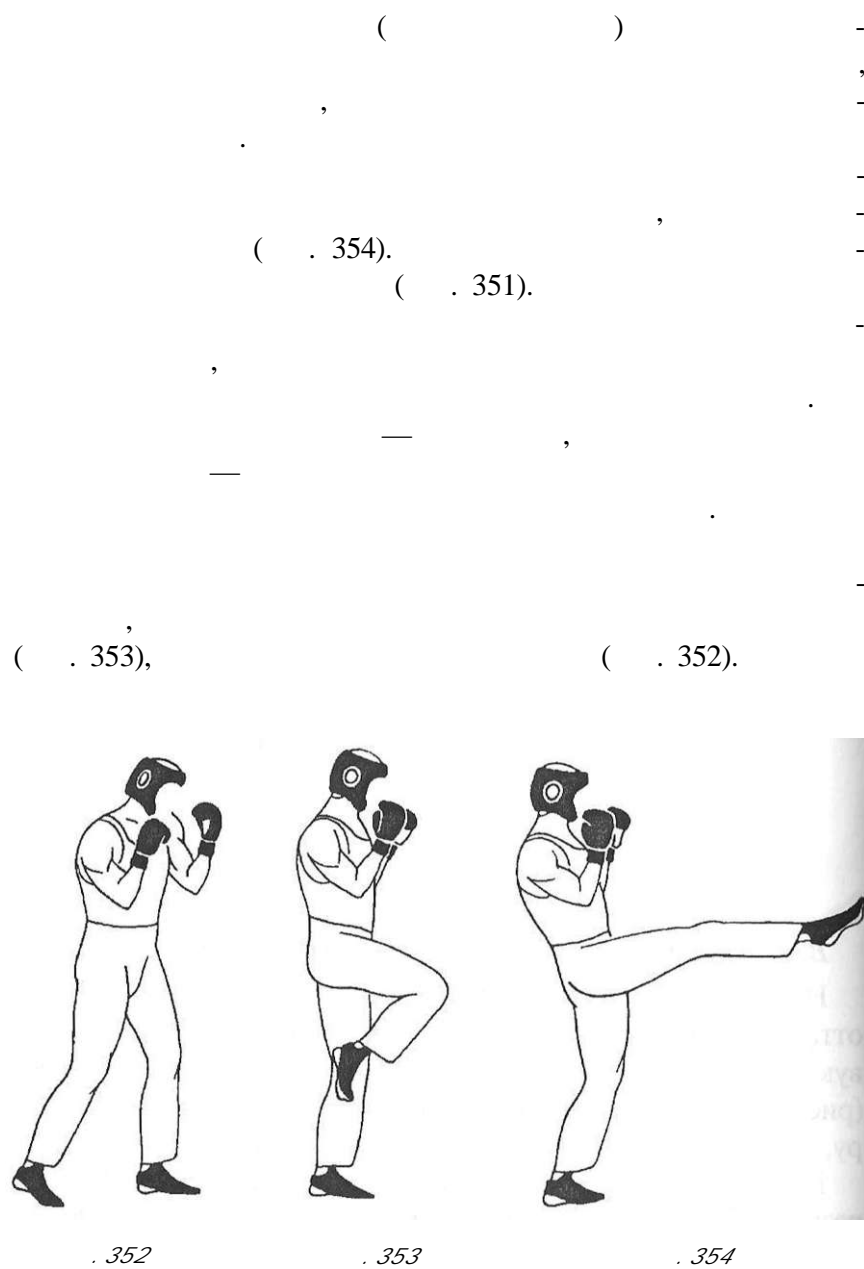
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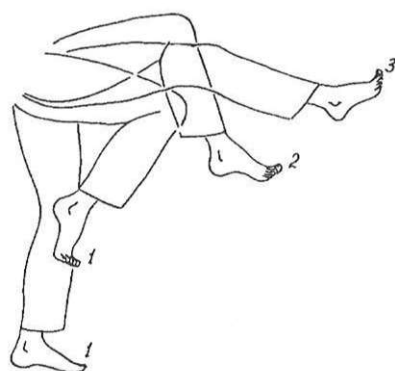


Рис. 355

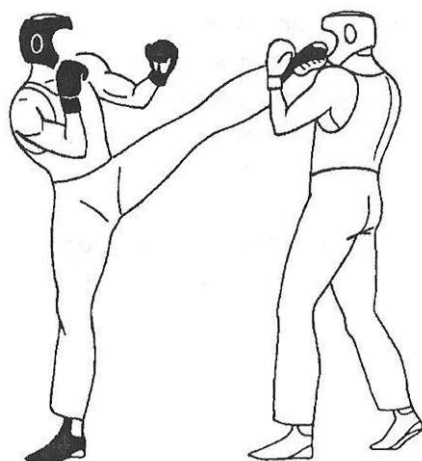


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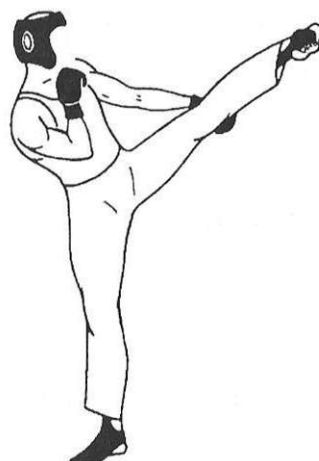
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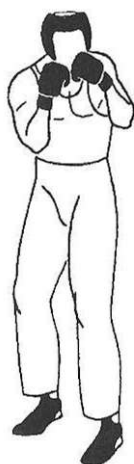
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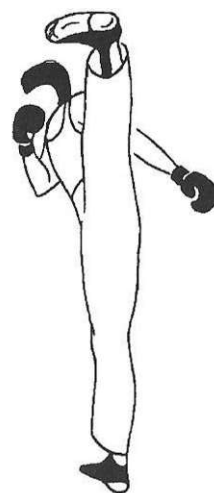
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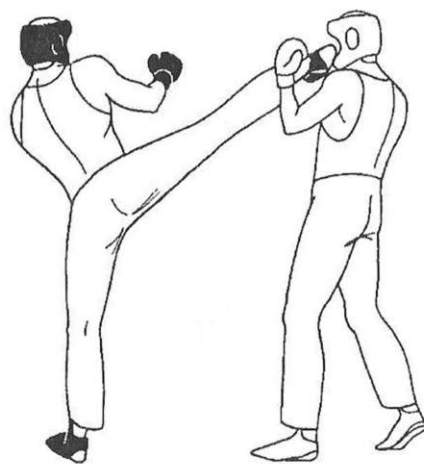


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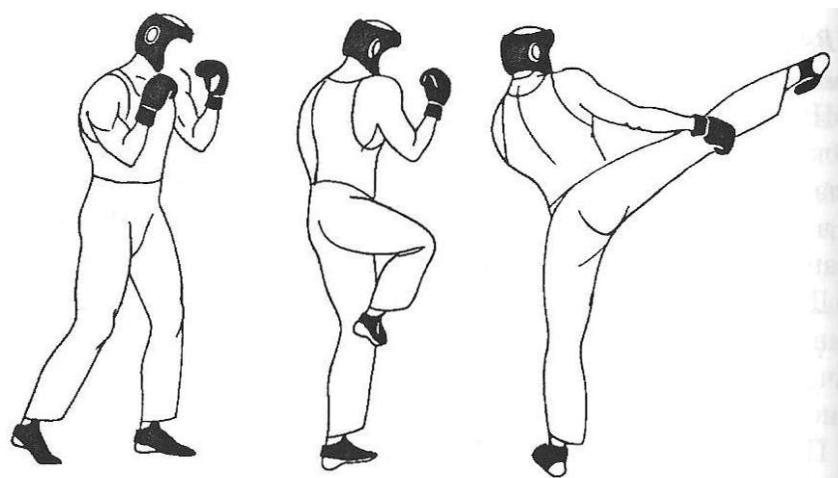
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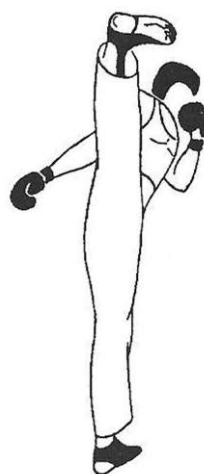
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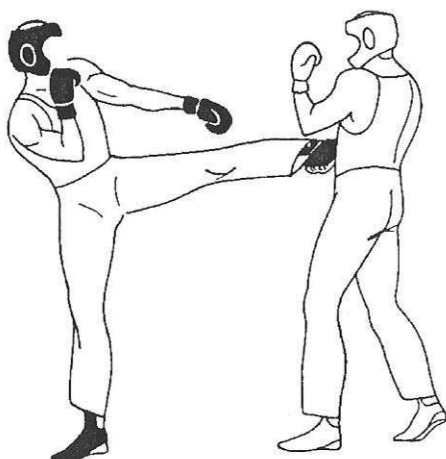
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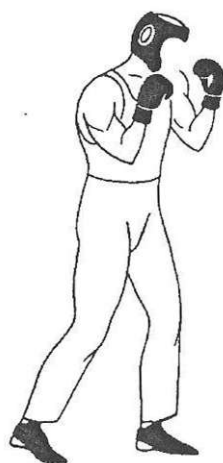


Рис. 371



Рис. 372

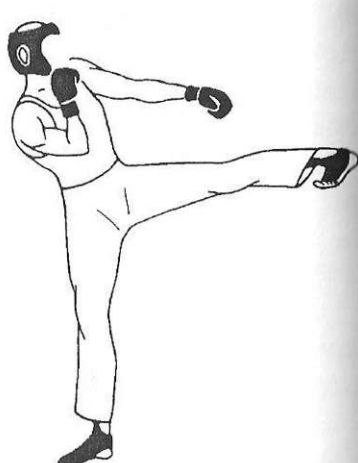
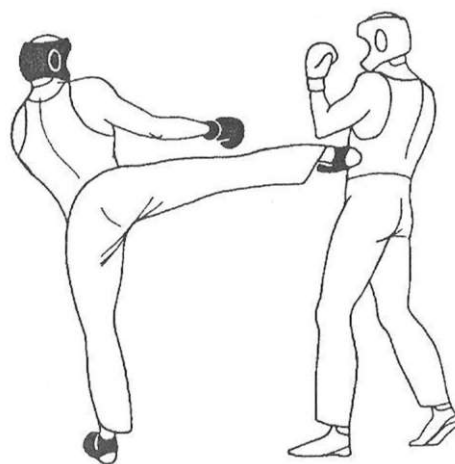


Рис. 373

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Рис. 375



Рис. 376

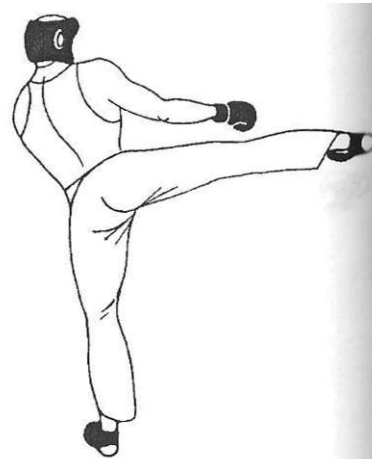
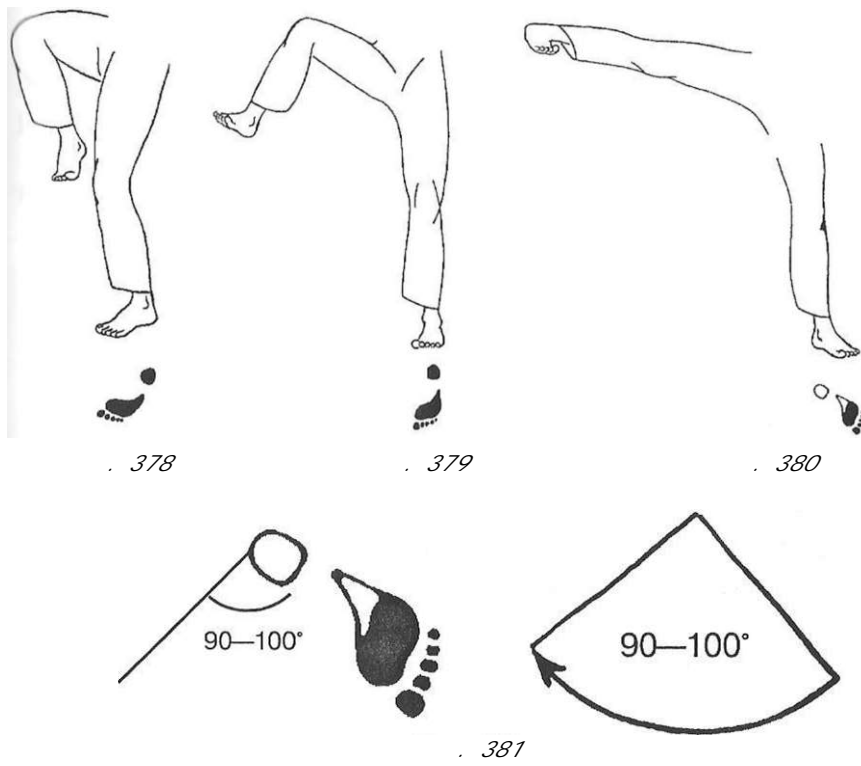


Рис. 377

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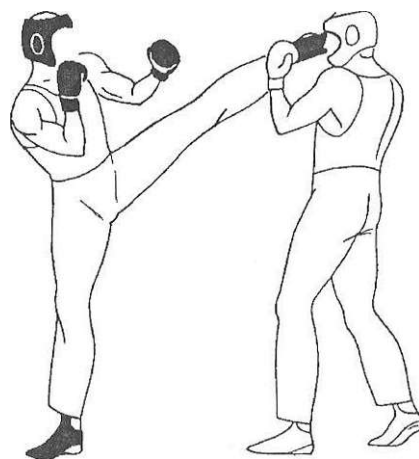


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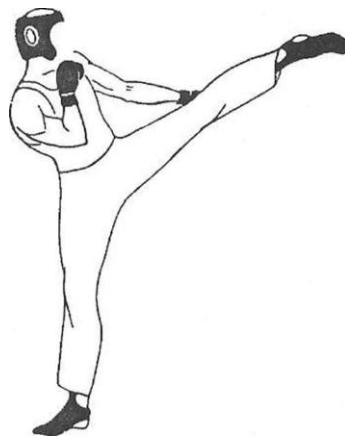
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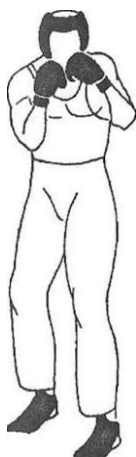
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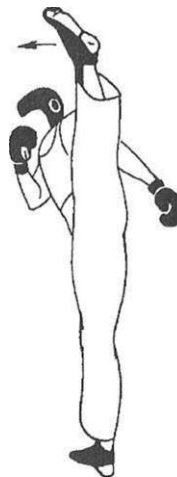
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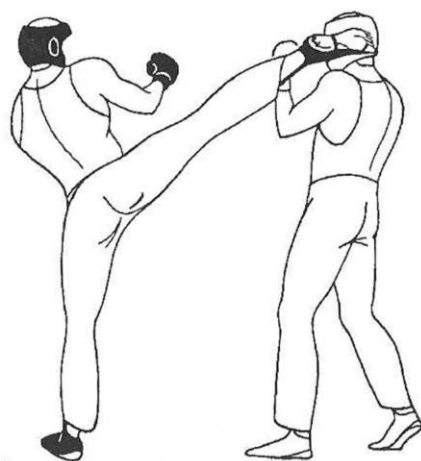


Рис. 389







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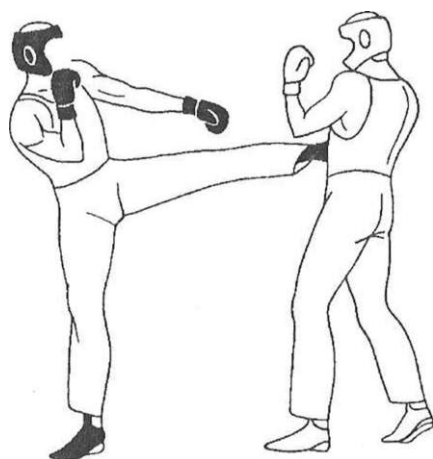
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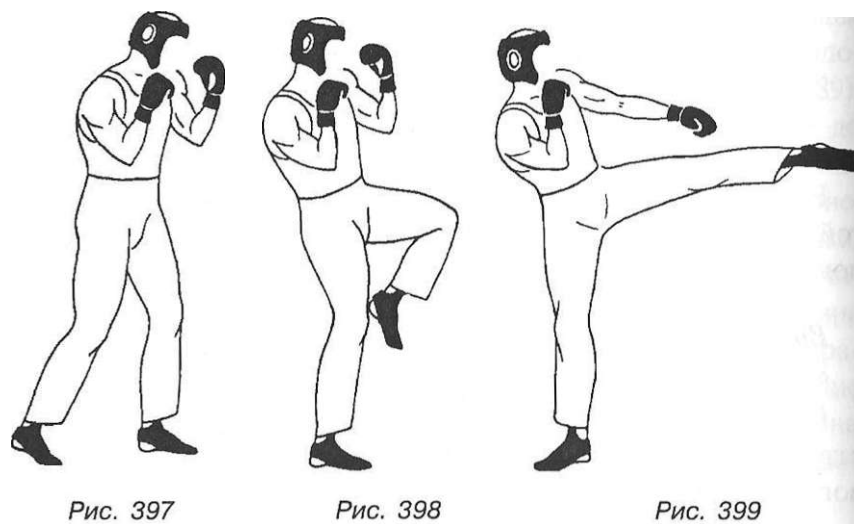
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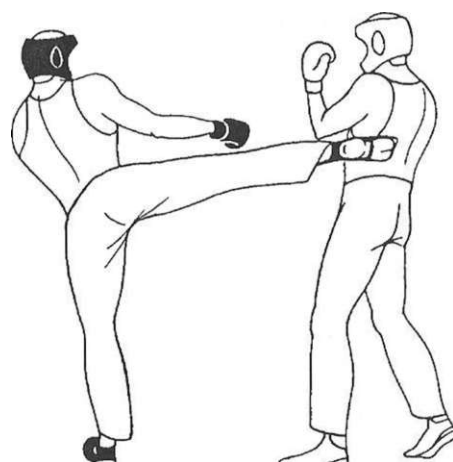
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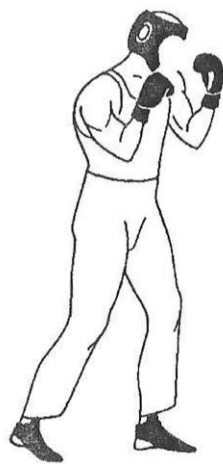
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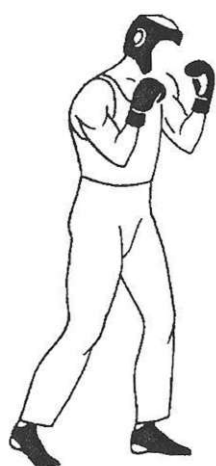
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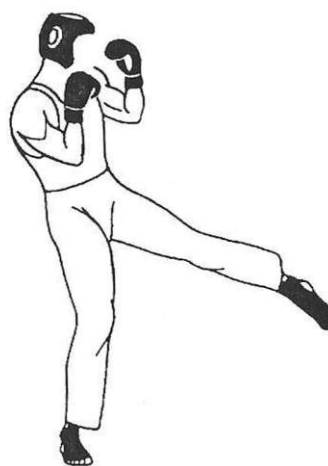
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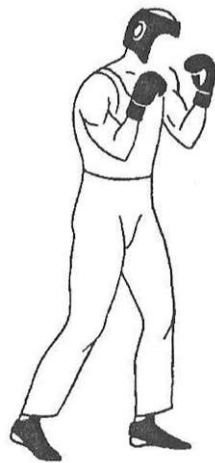
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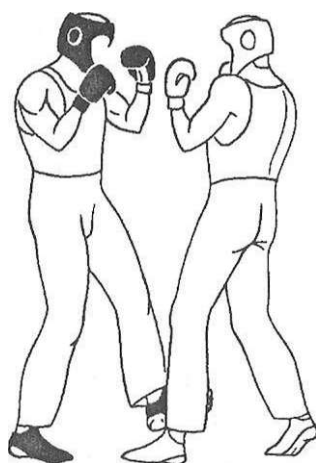
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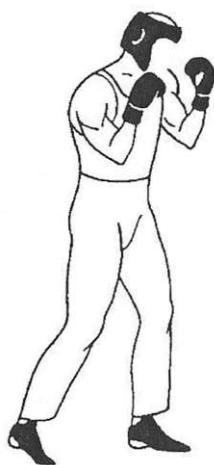
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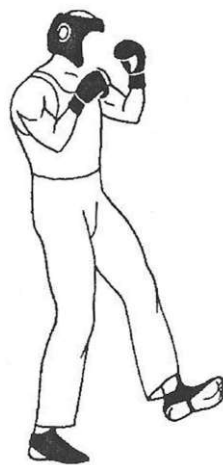
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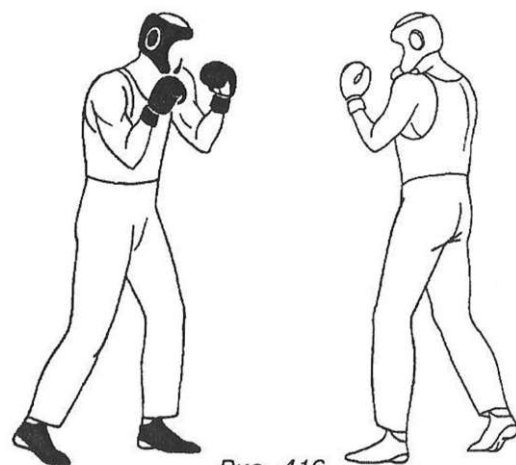
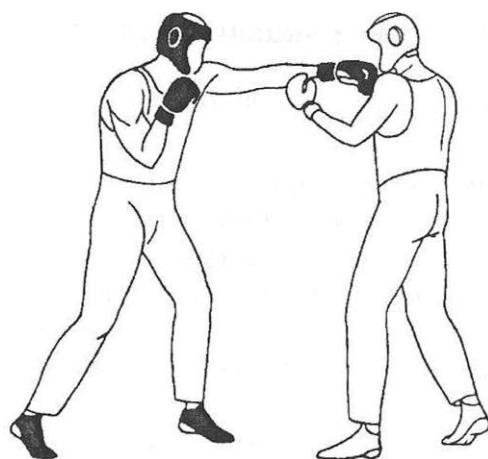


Рис. 416





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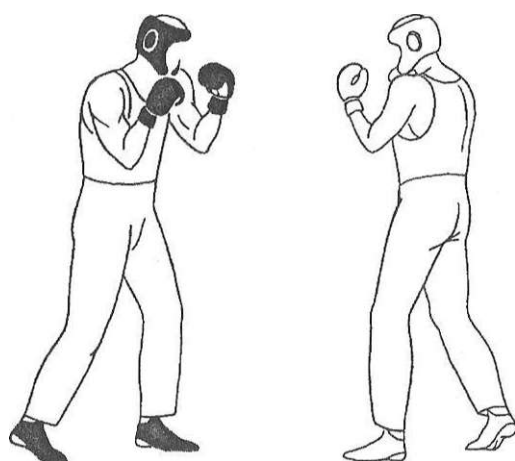
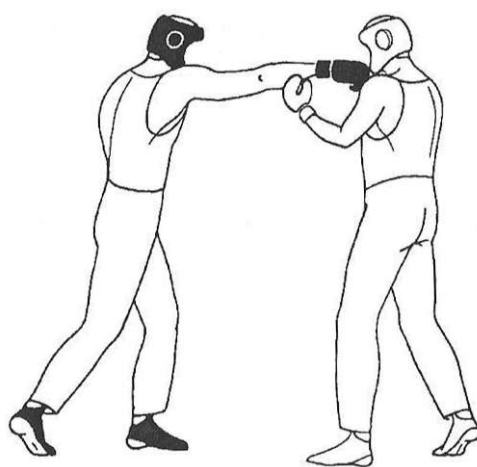


Рис. 418

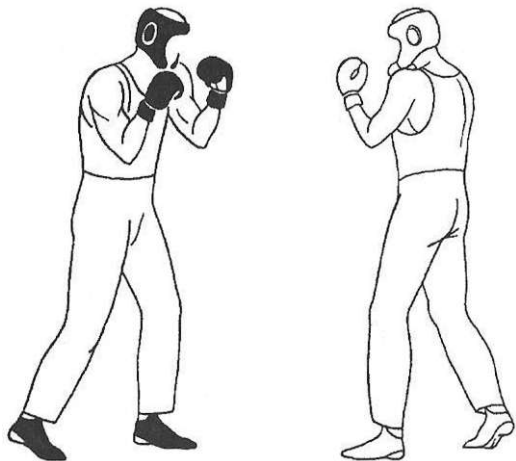


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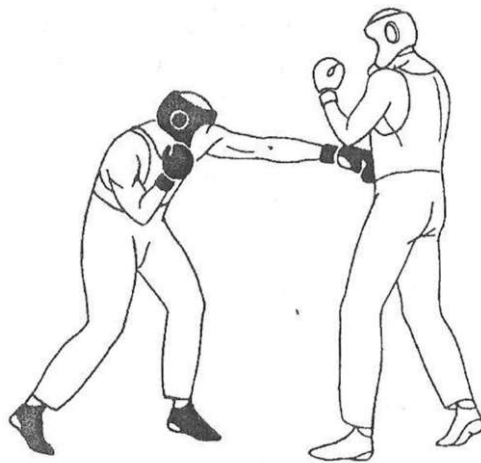
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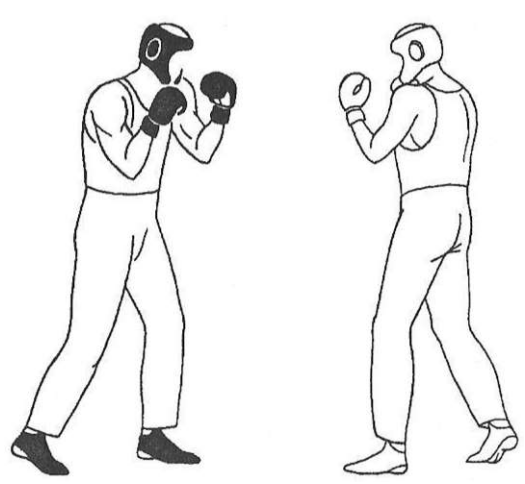
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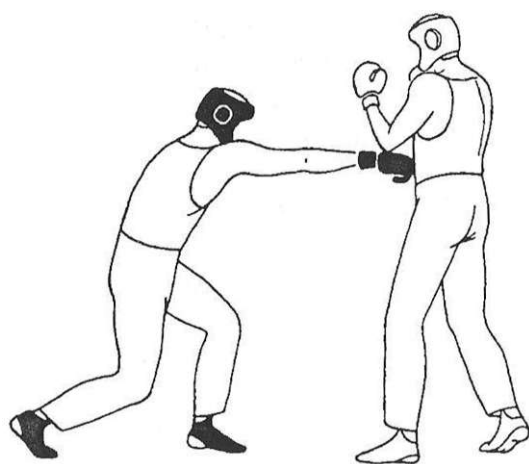
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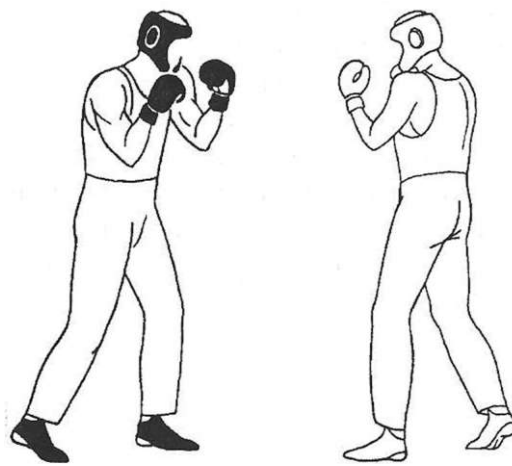
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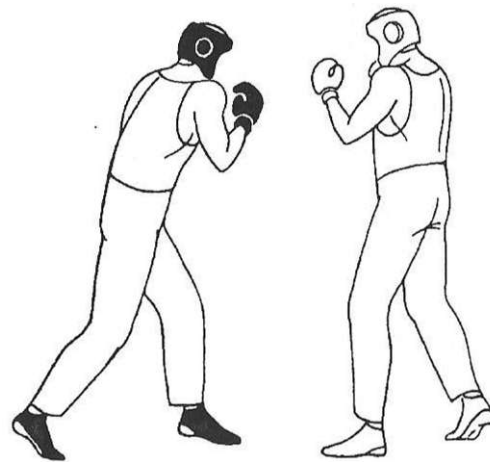
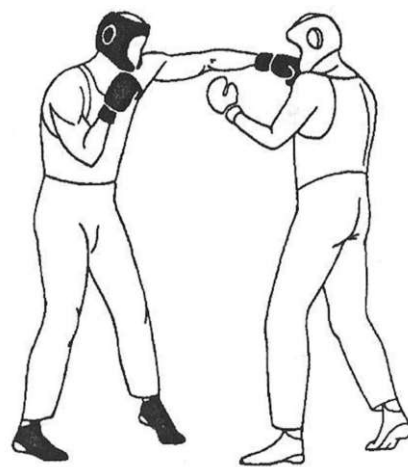


рис. 425



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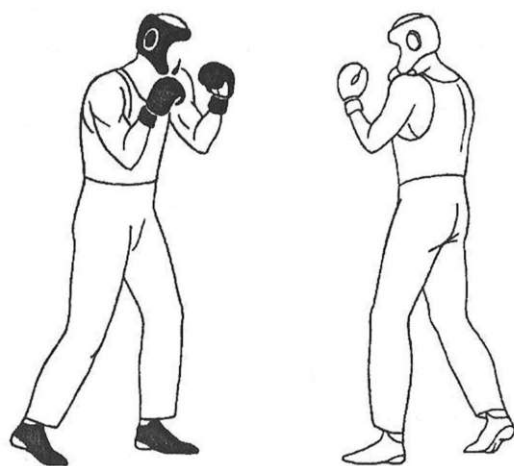
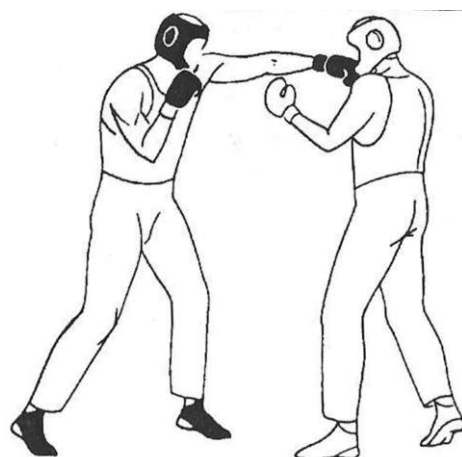


Рис. 425

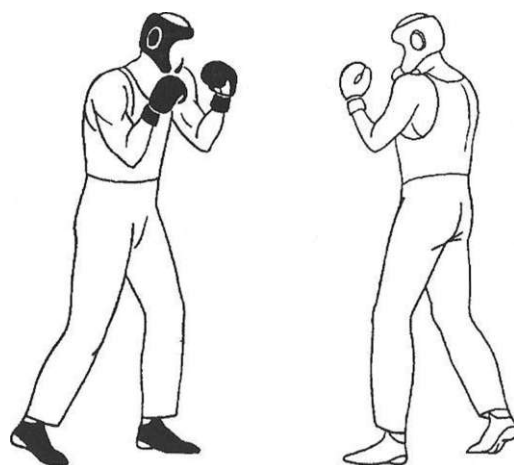


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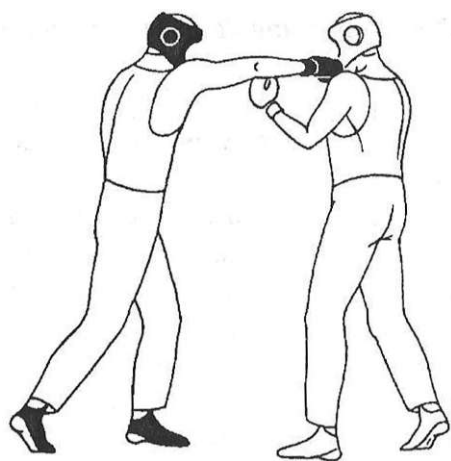
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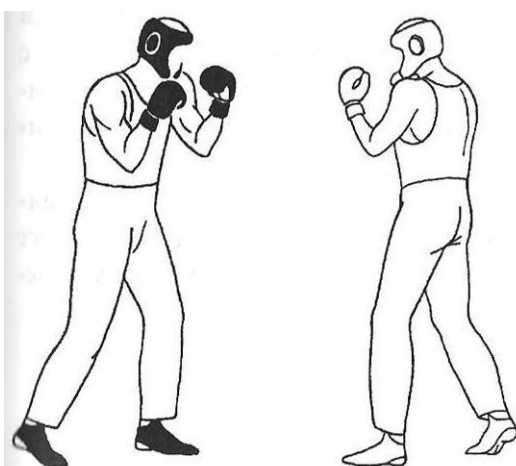


Рис. 431

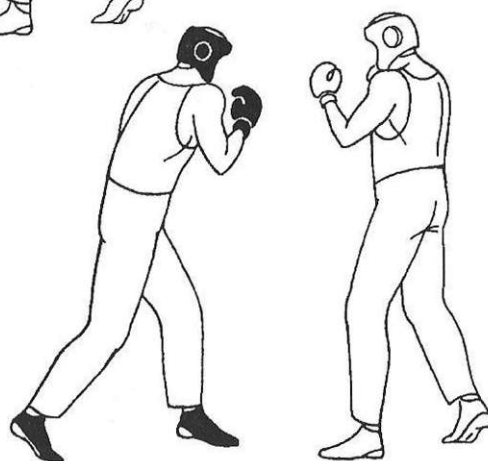


Рис. 432

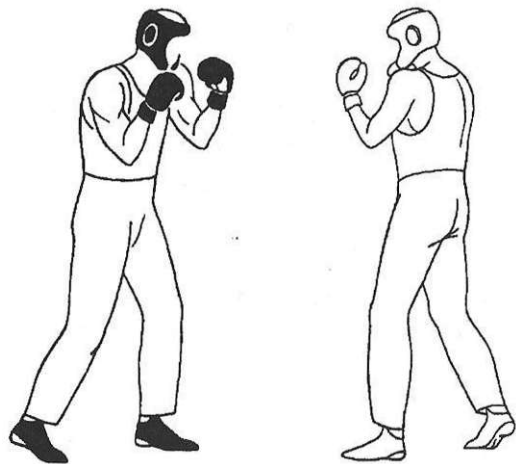


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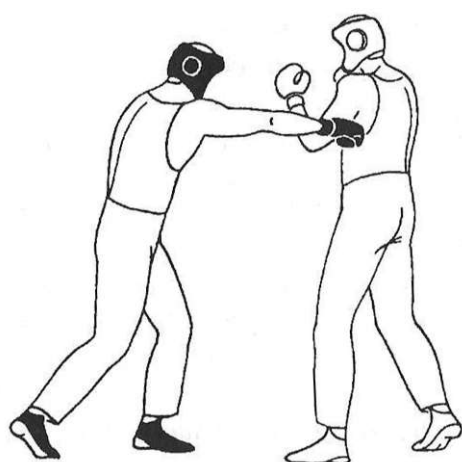
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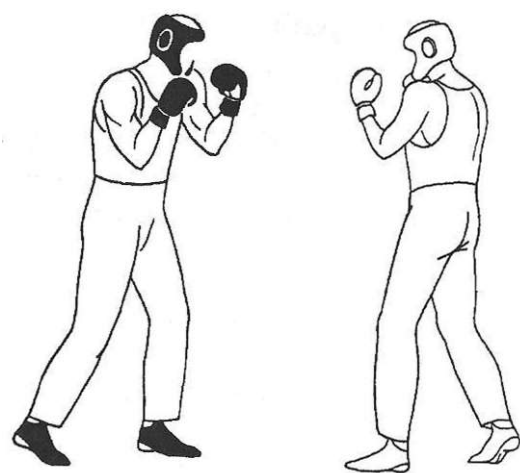


Рис. 436

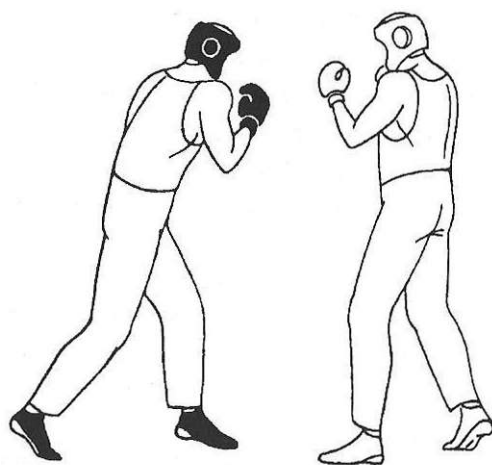
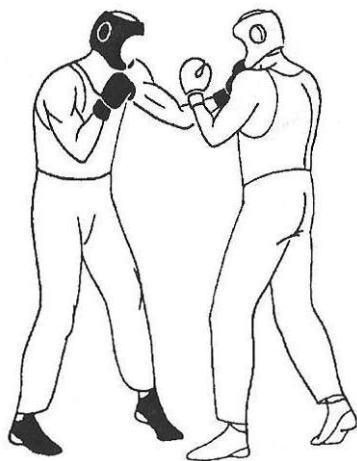


Рис. 437



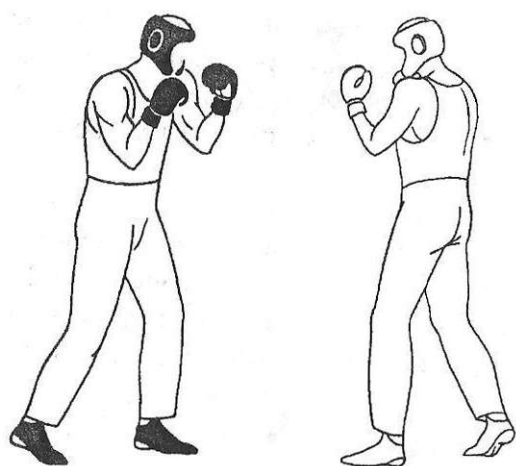
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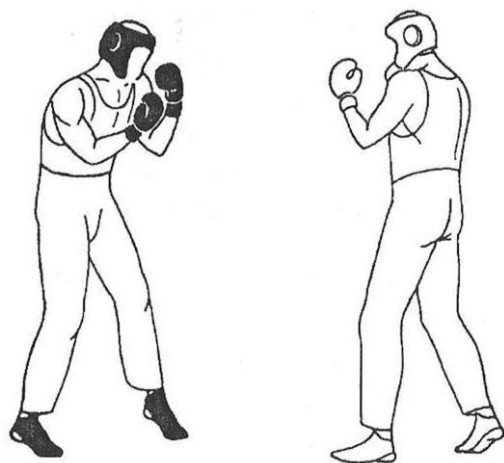
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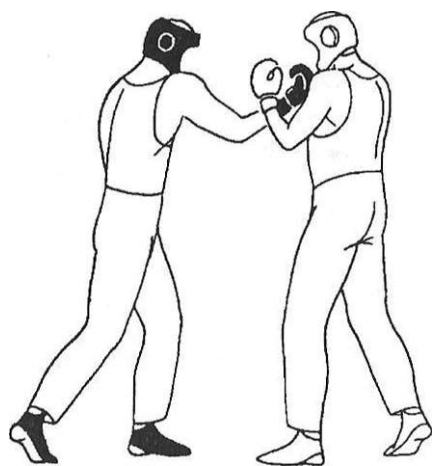
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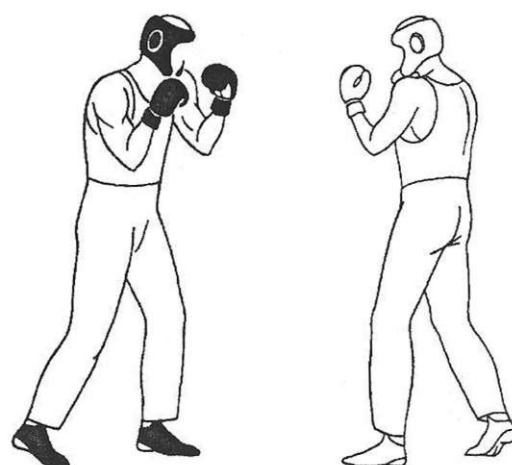
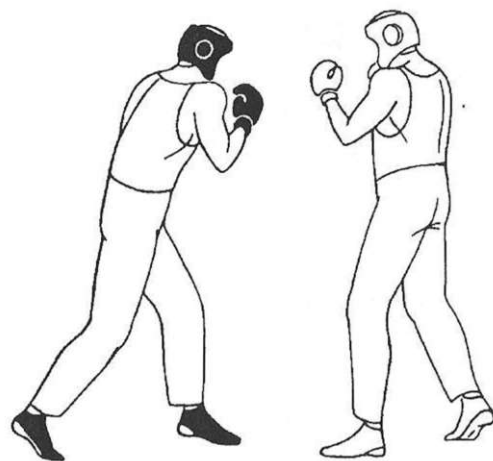


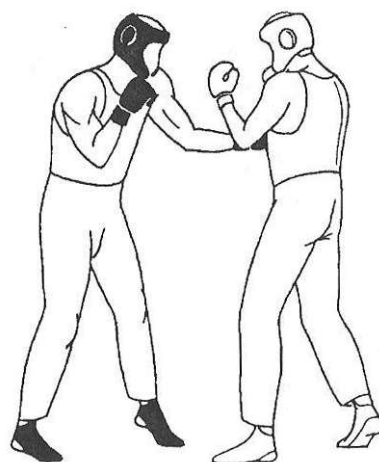
Рис. 442



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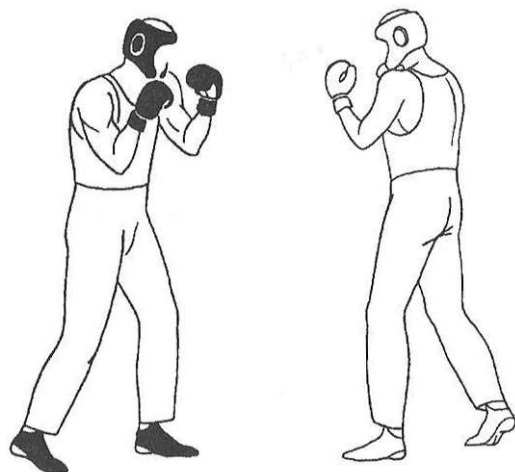


Рис. 445

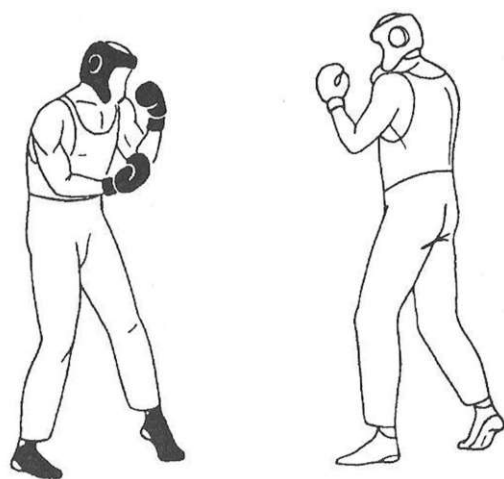
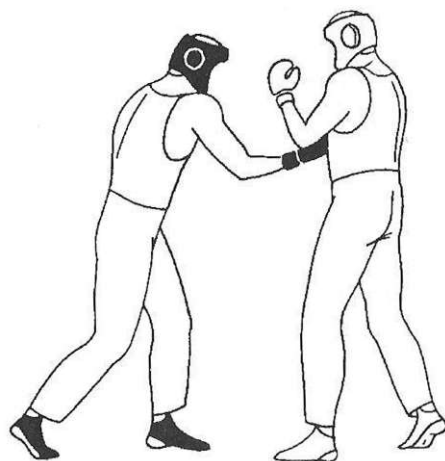


Рис. 446



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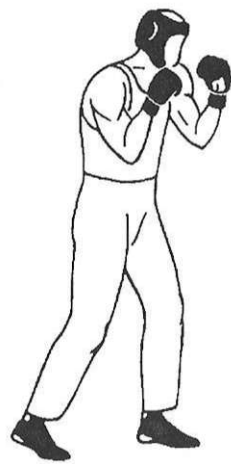
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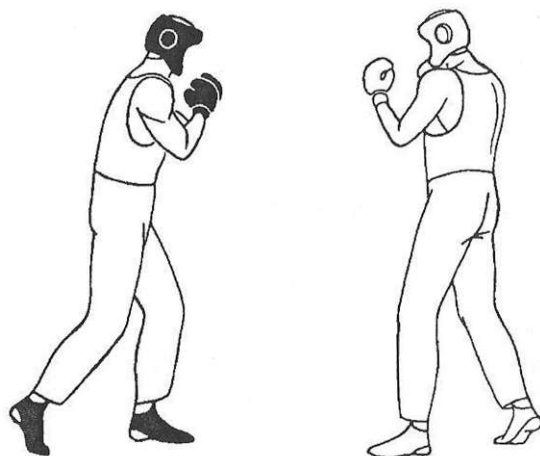
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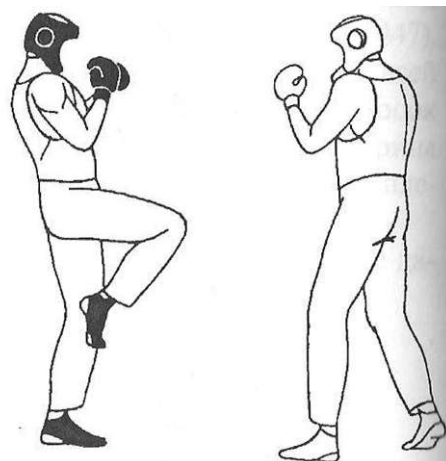
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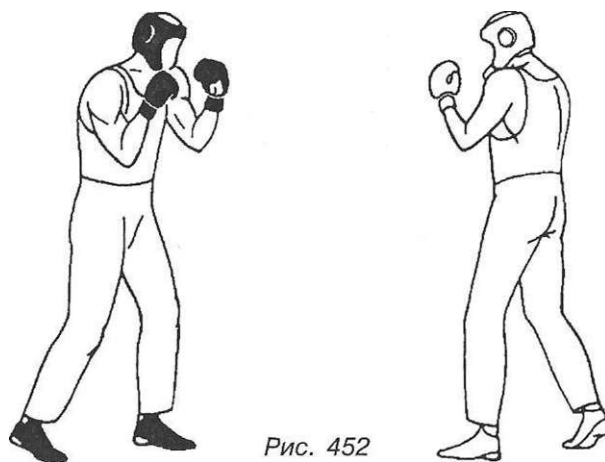


Рис. 452

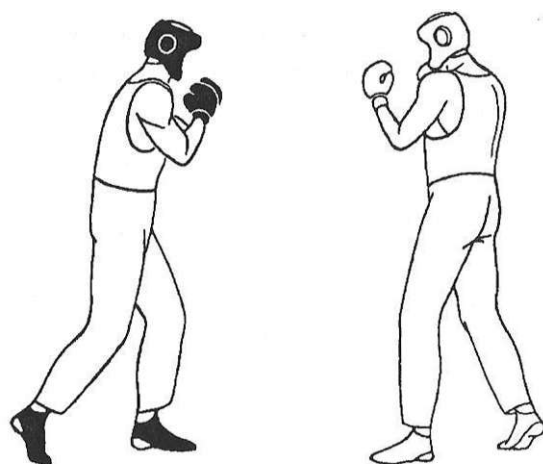


Рис. 453

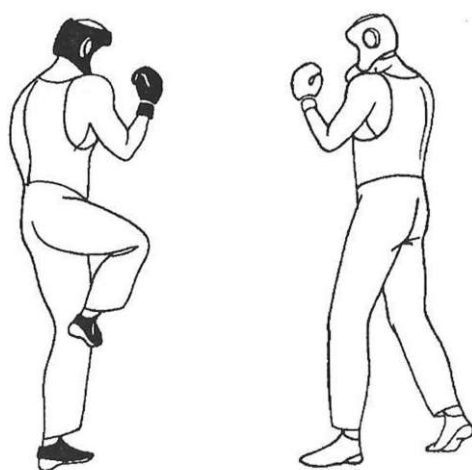


Рис. 454



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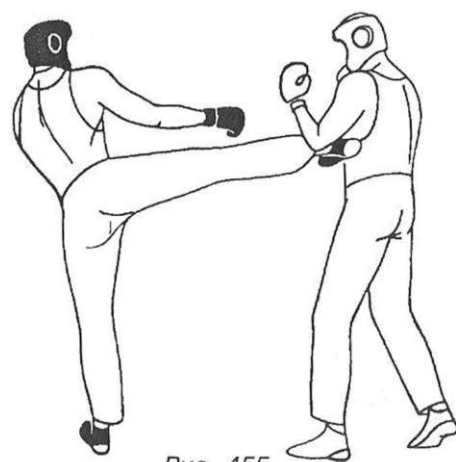


Рис. 455

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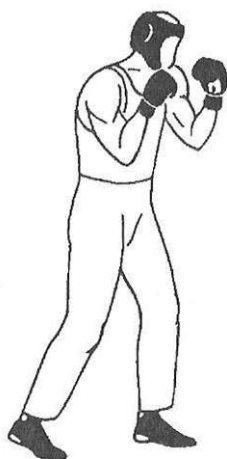
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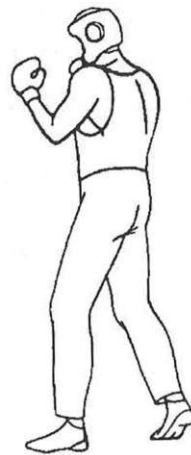
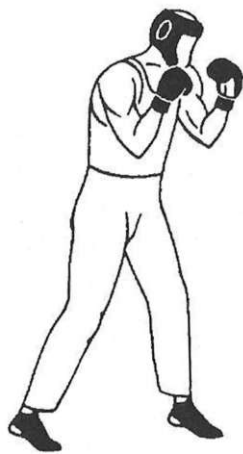
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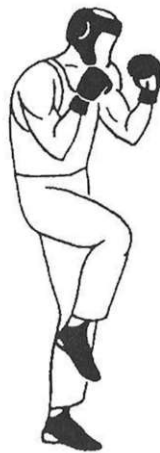
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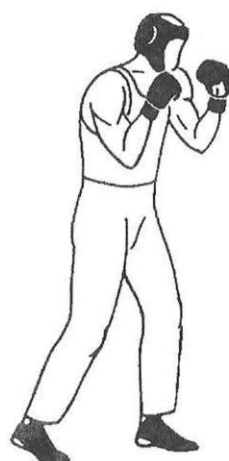
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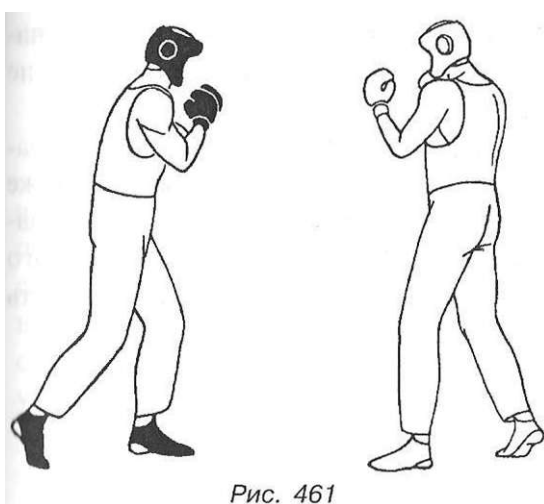


Рис. 461

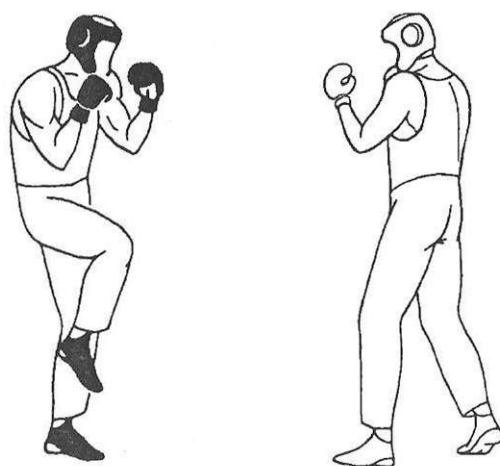
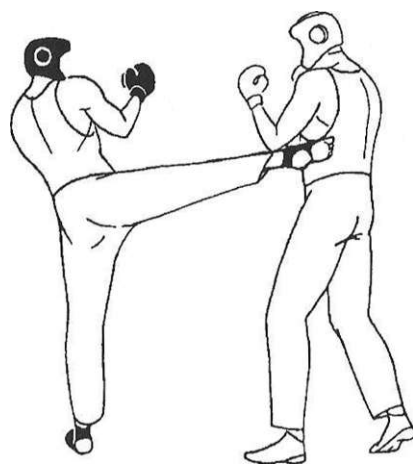


Рис. 462



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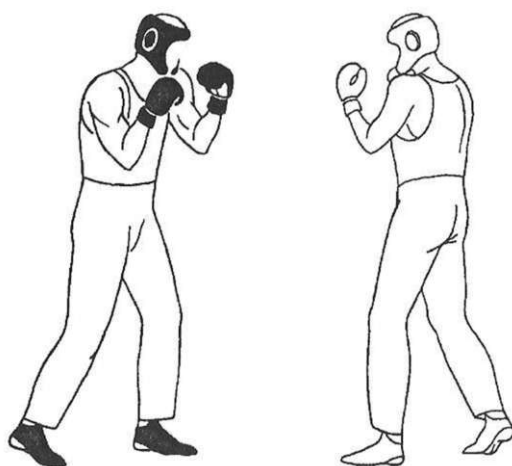
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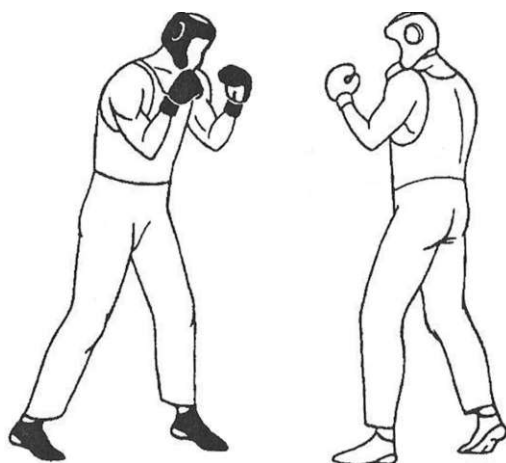


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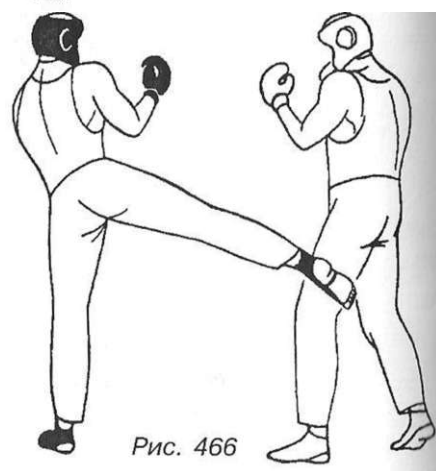


Рис. 466



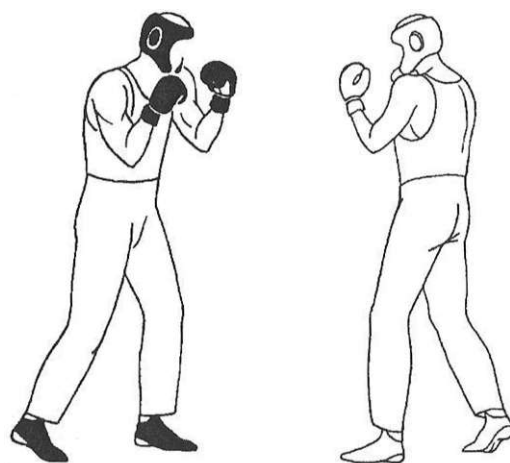


Рис. 467

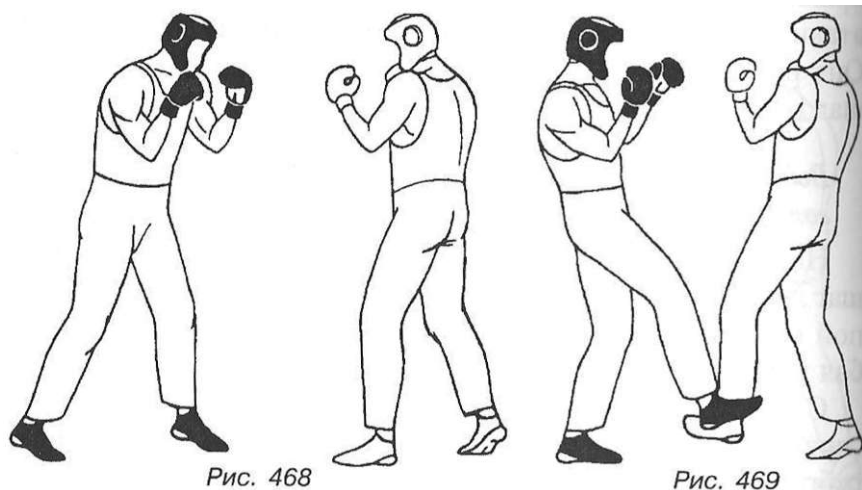


Рис. 468

Рис. 469

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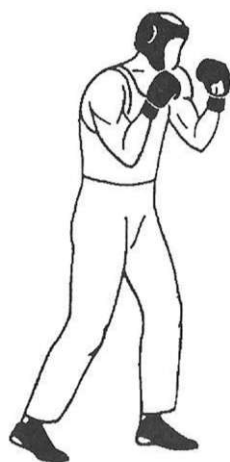


Рис. 470

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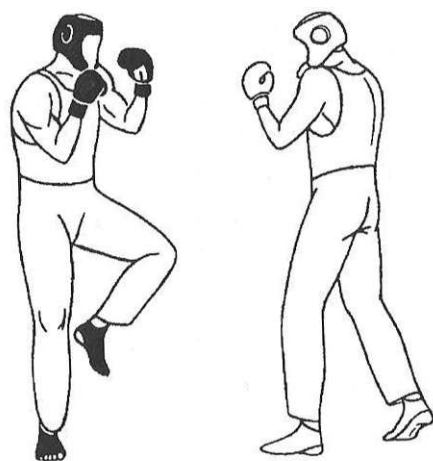


Рис. 472

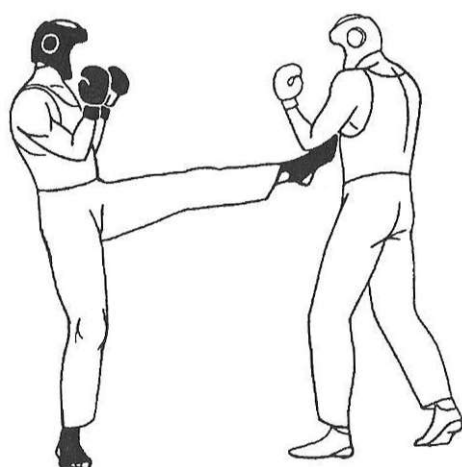


Рис. 473

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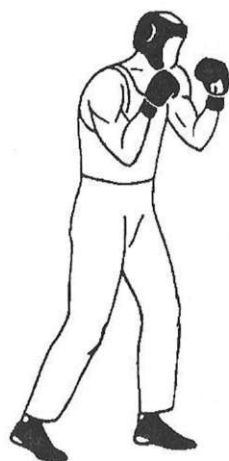
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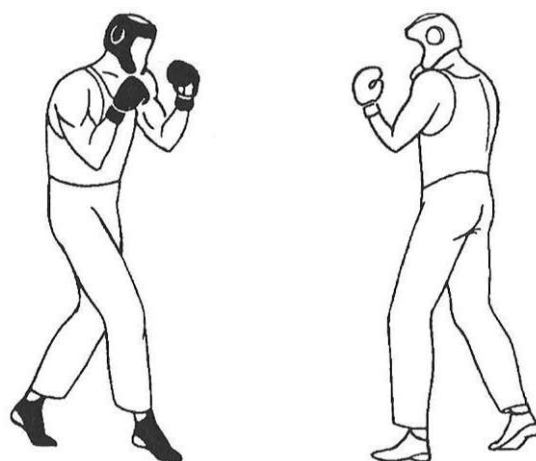


Рис. 475

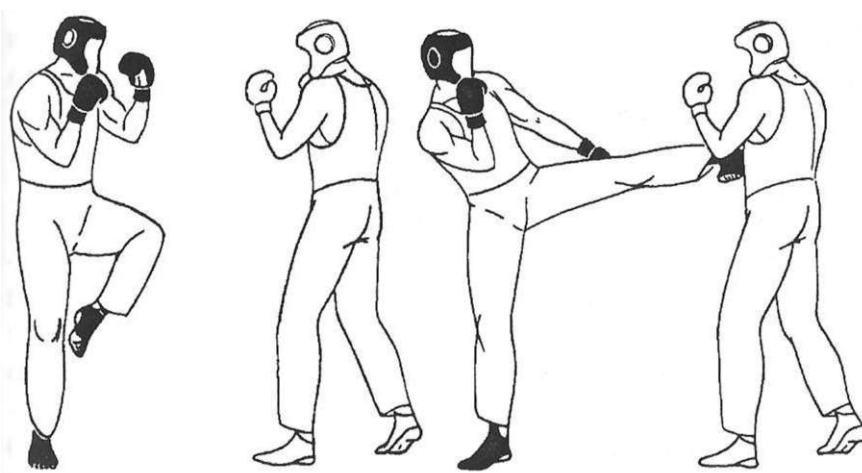


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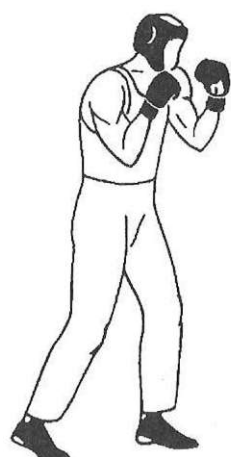
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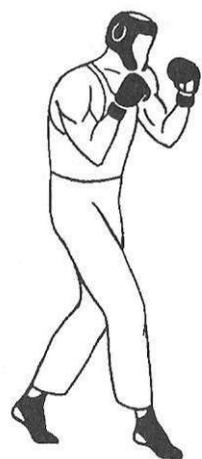
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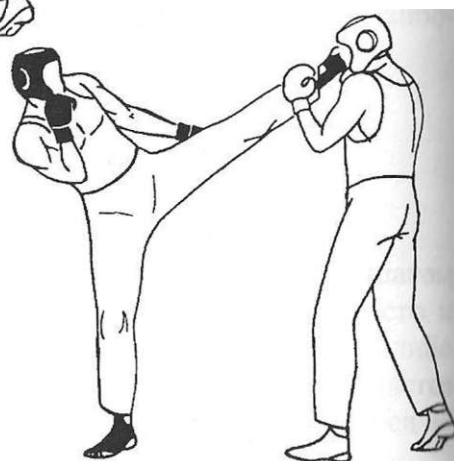
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Рис. 482

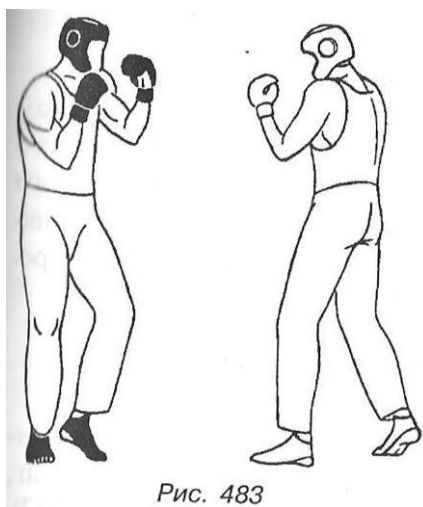
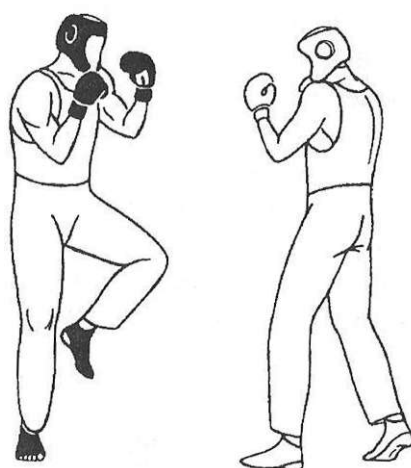
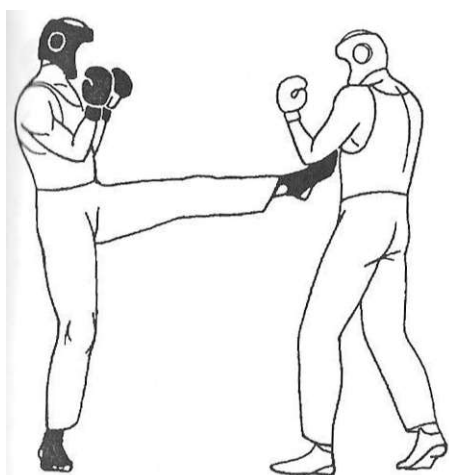


Рис. 483



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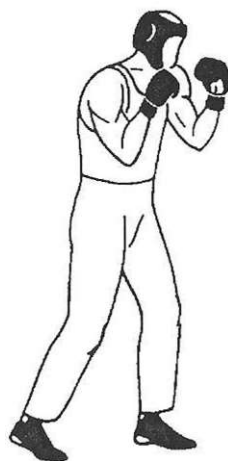
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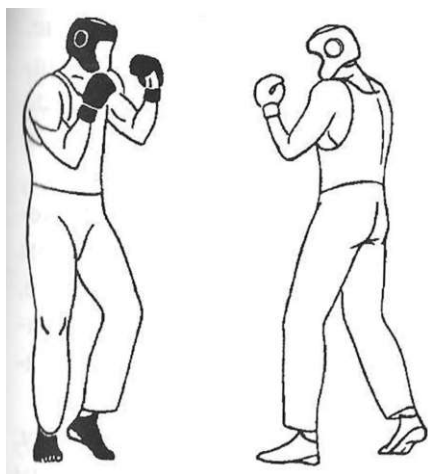
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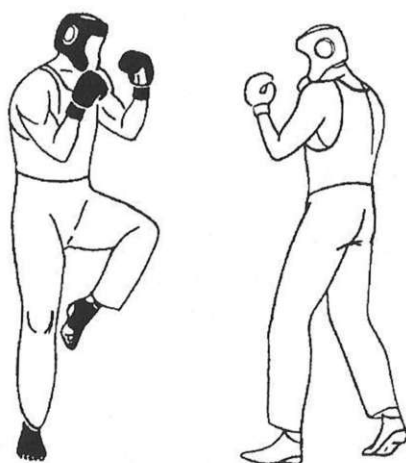
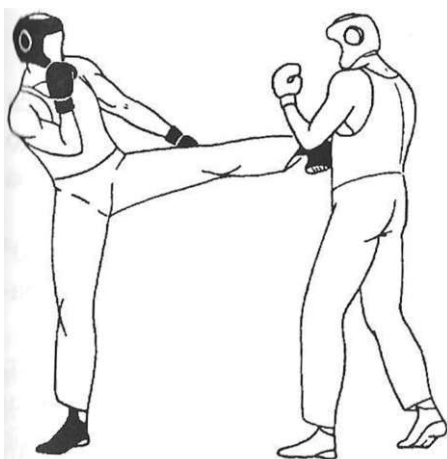


Рис. 488



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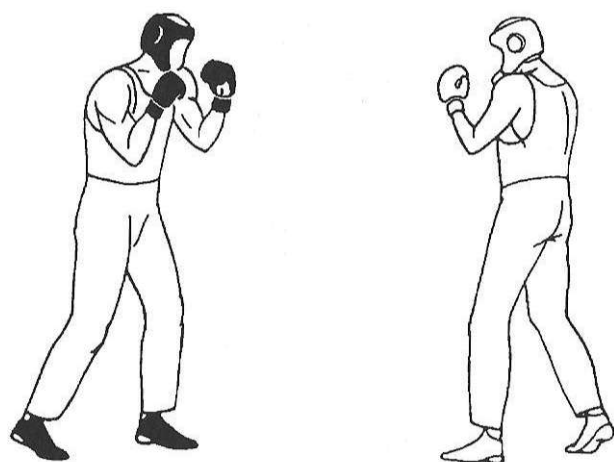


Рис. 490

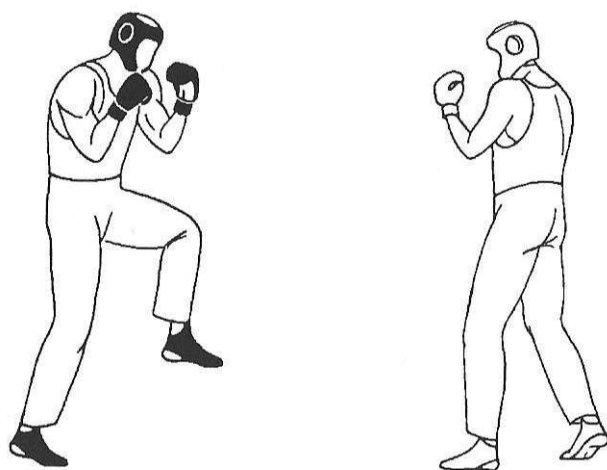


Рис. 491

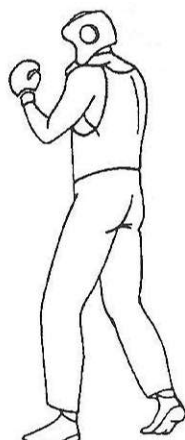
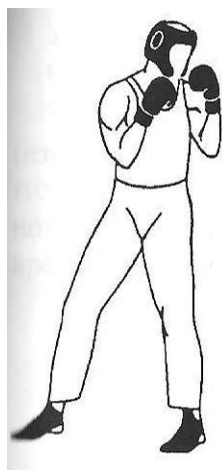


Рис. 492



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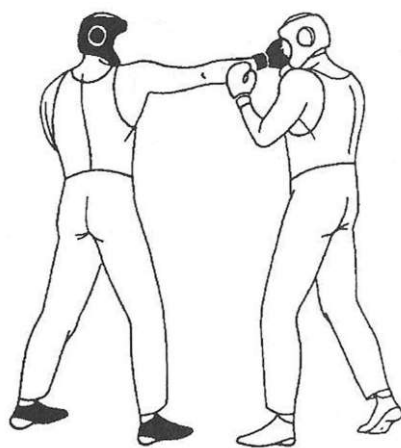
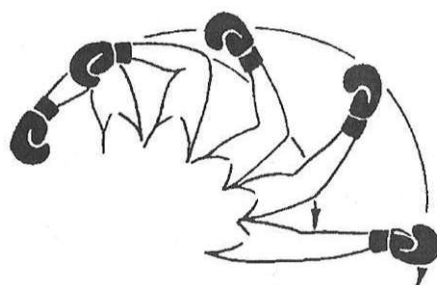


Рис. 494

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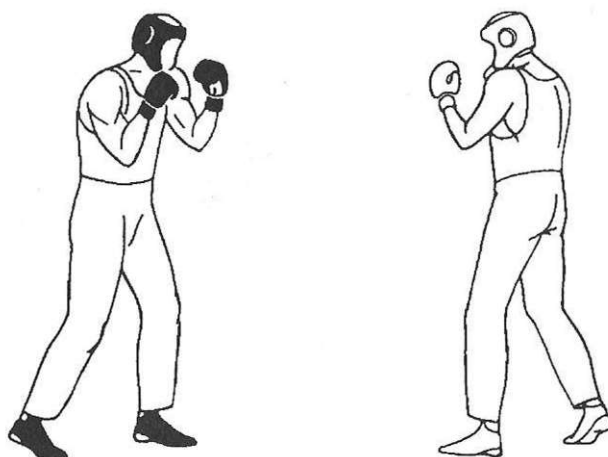


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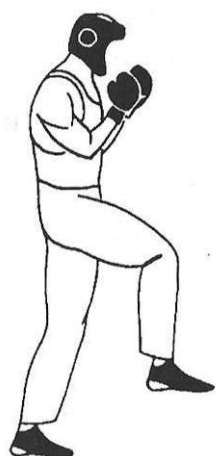


Рис. 497

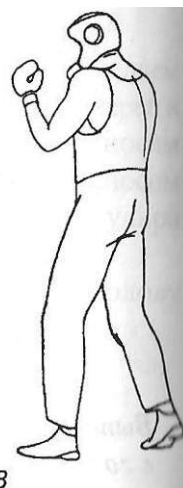


Рис. 498

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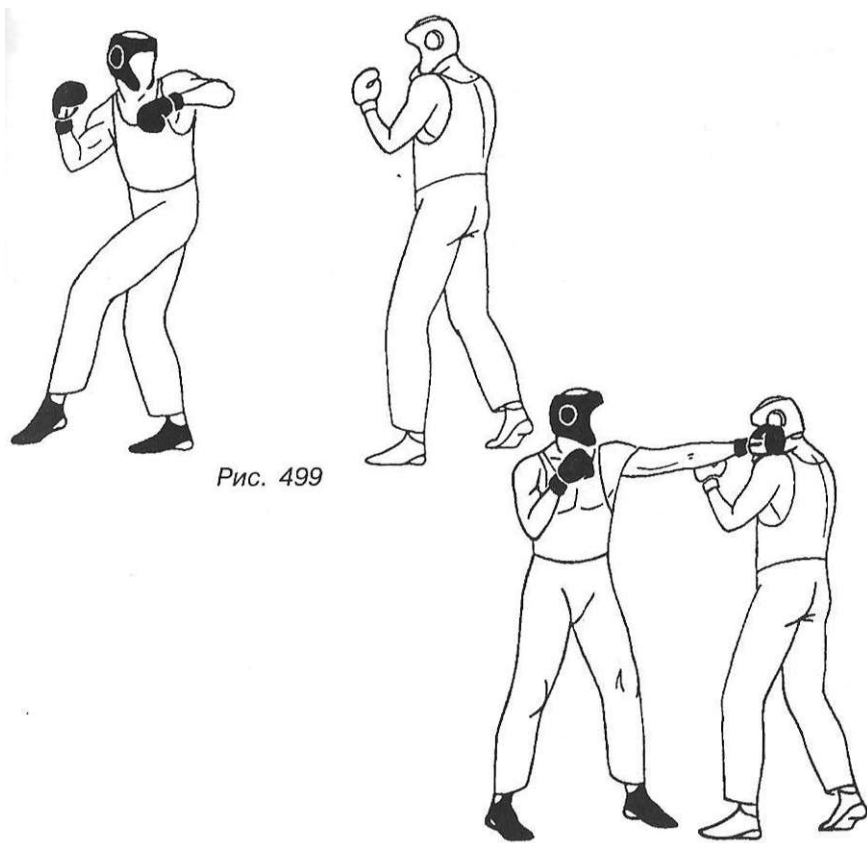


Рис. 499

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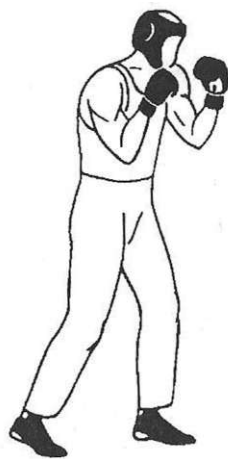


Рис. 501

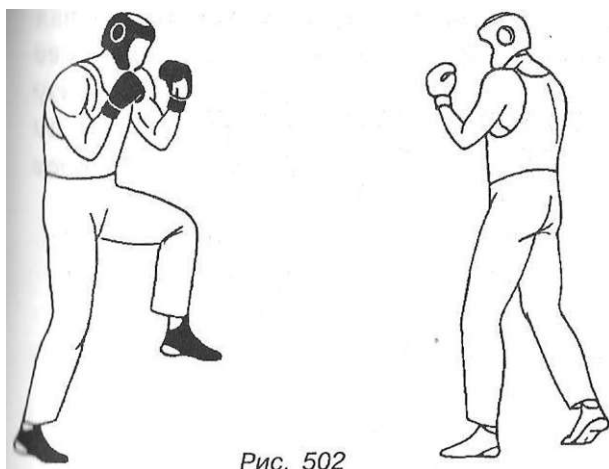


Рис. 502

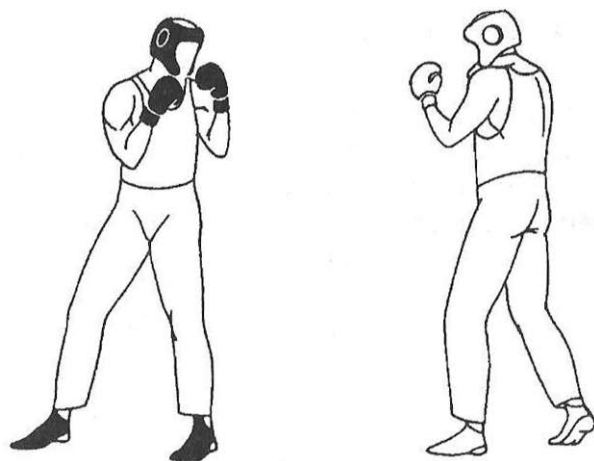


Рис. 503

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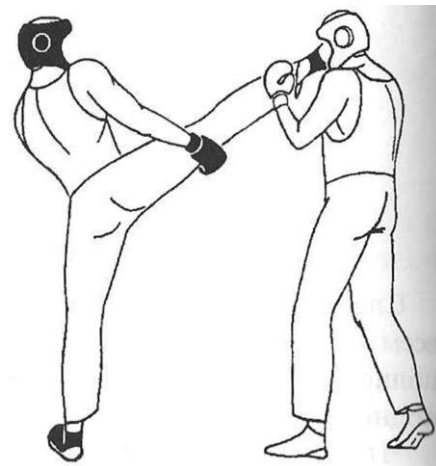
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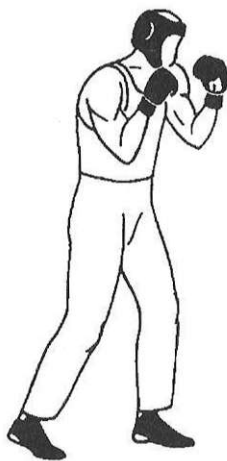
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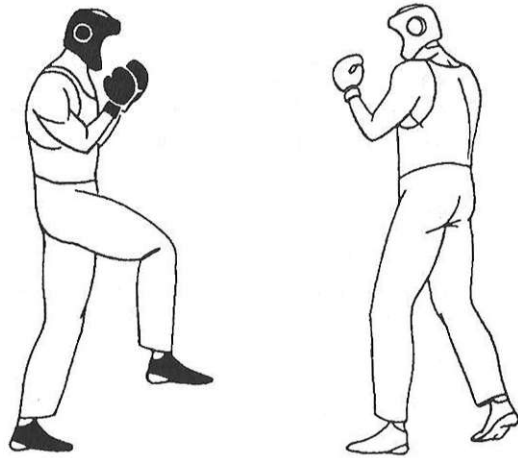
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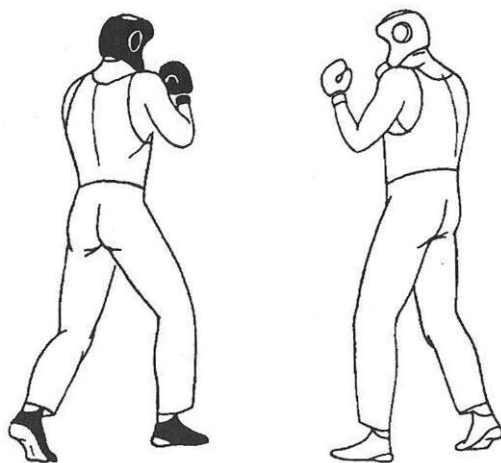
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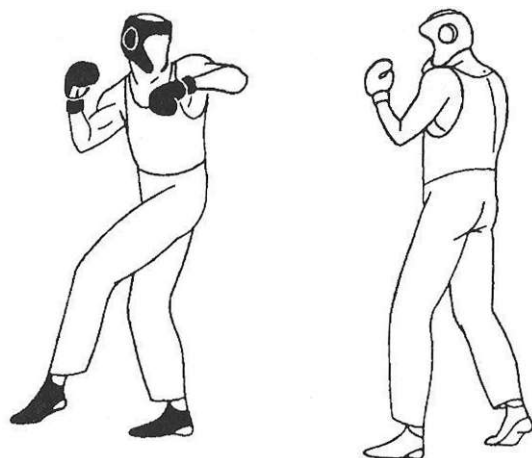
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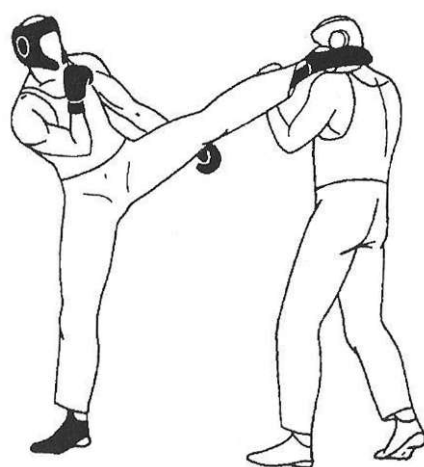
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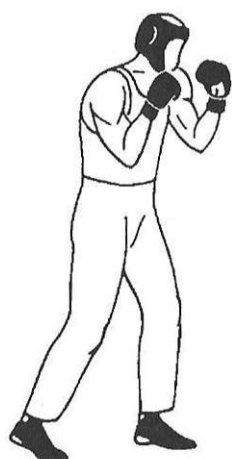


Рис. 511

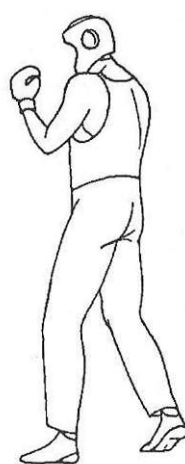
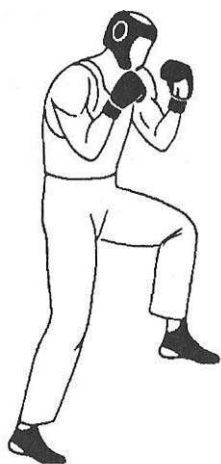
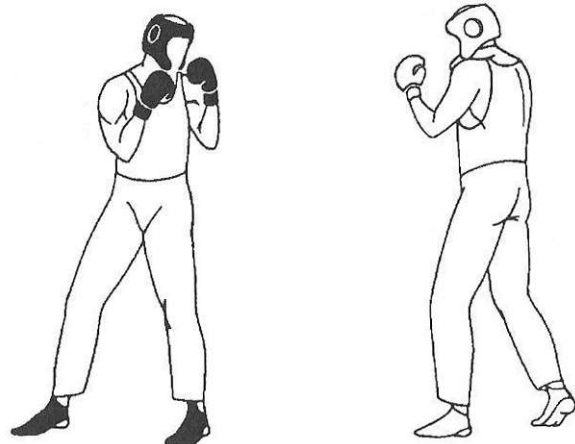
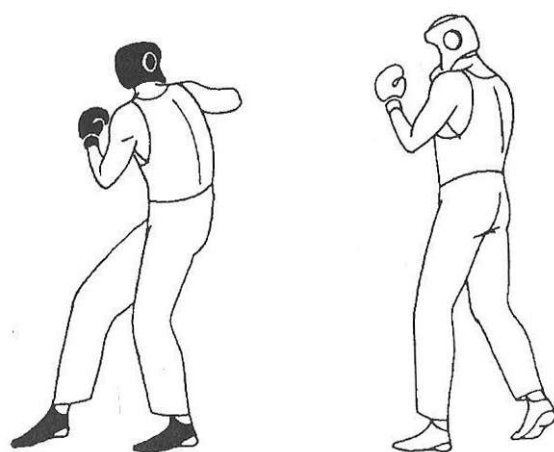


Рис. 512



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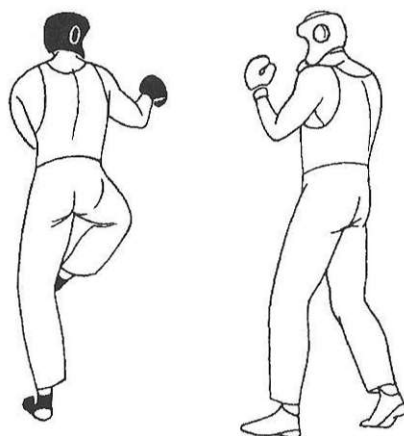


Рис. 515

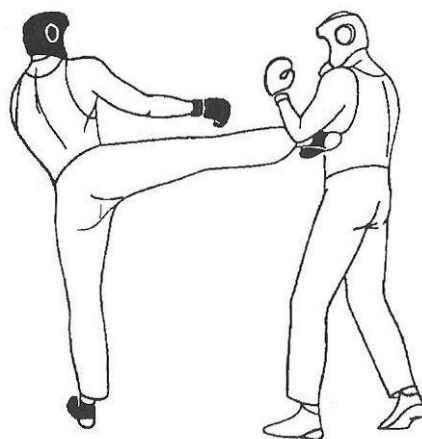


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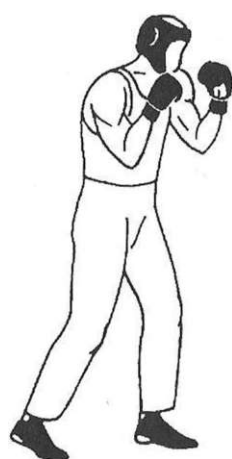


Рис. 517

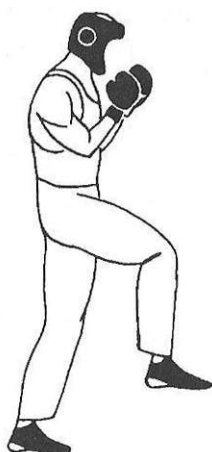


Рис. 518

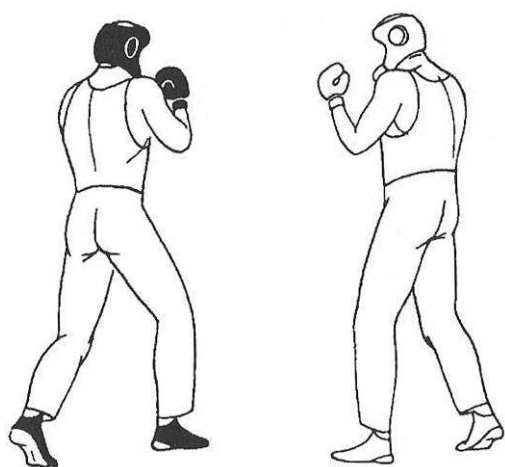


Рис. 519

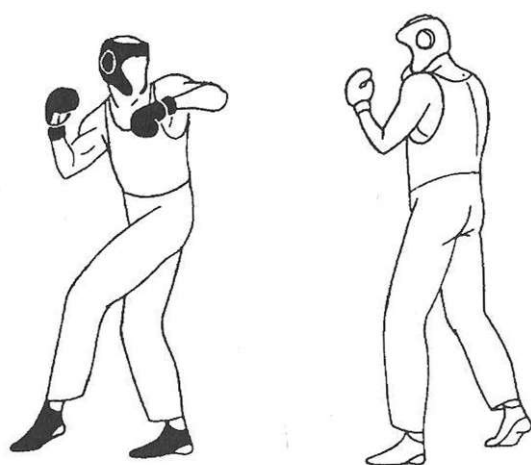


Рис. 520

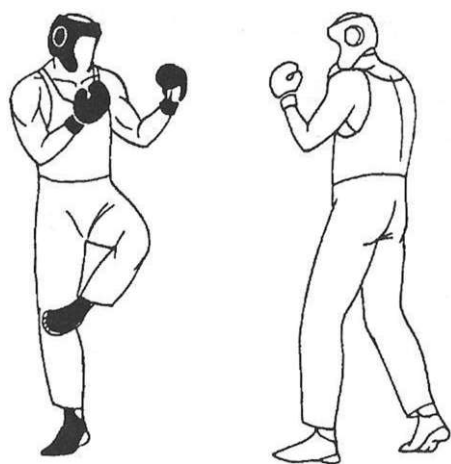


Рис. 521

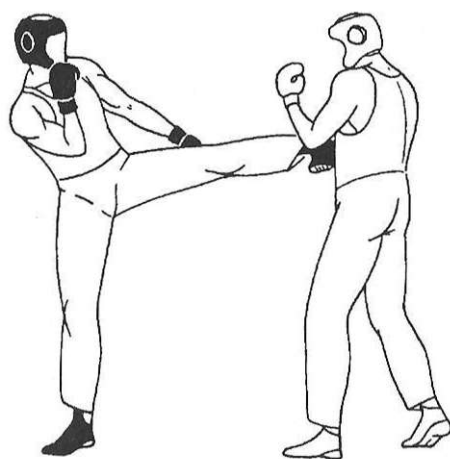


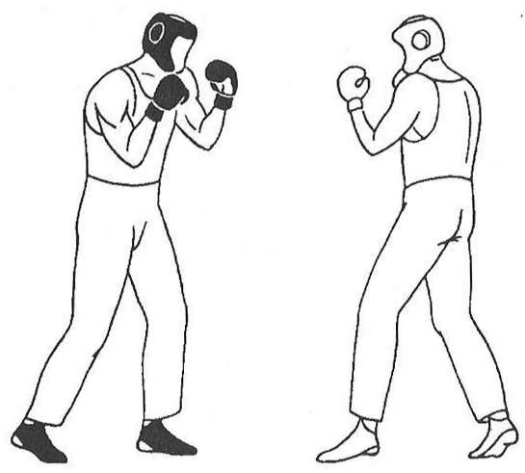
Рис. 522



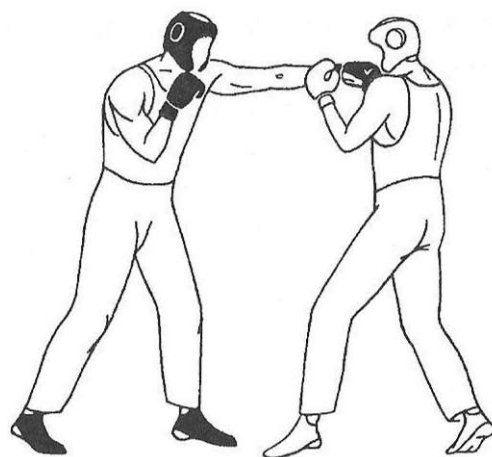


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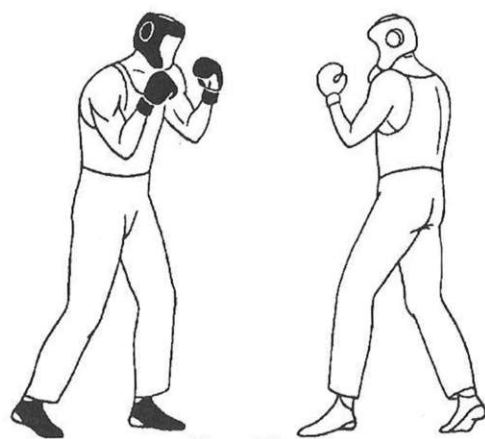
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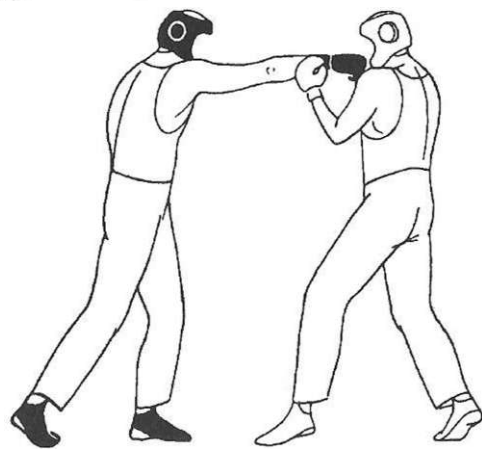
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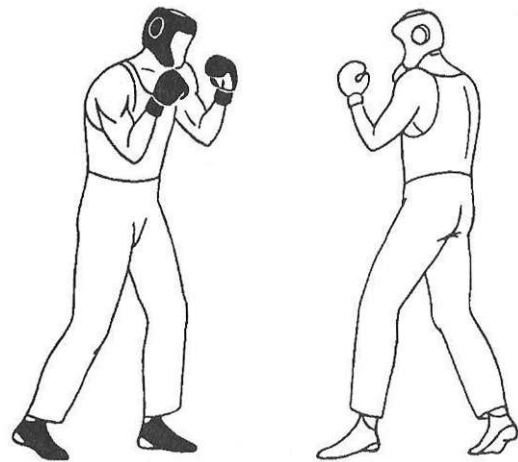
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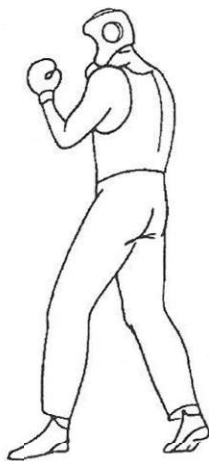
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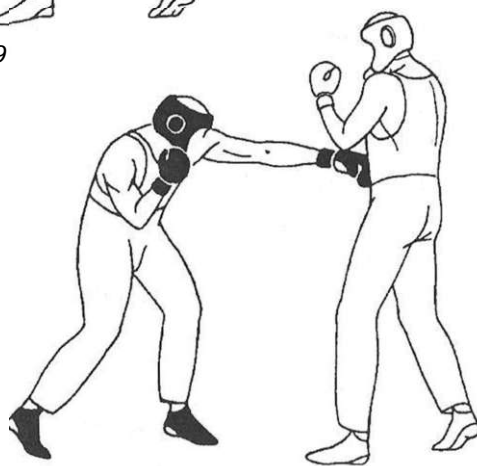
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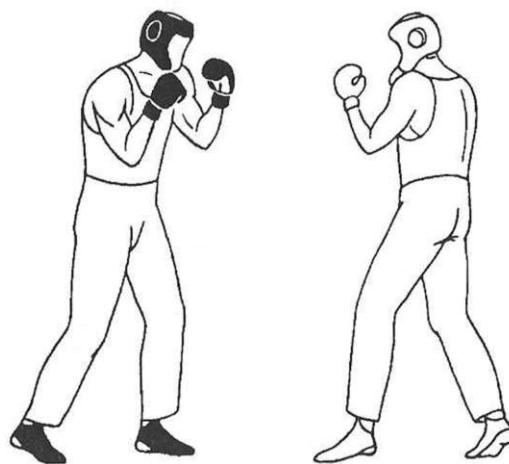


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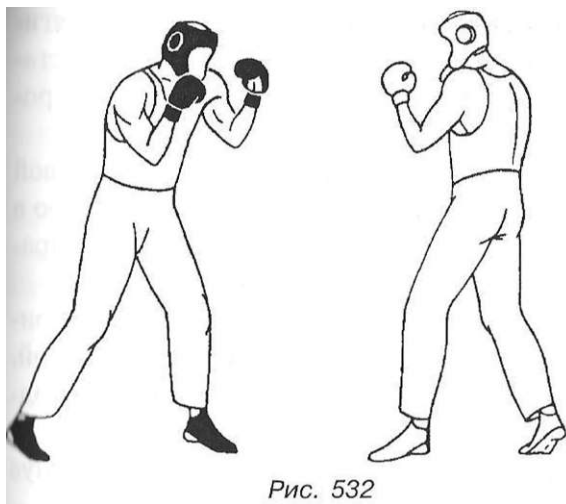
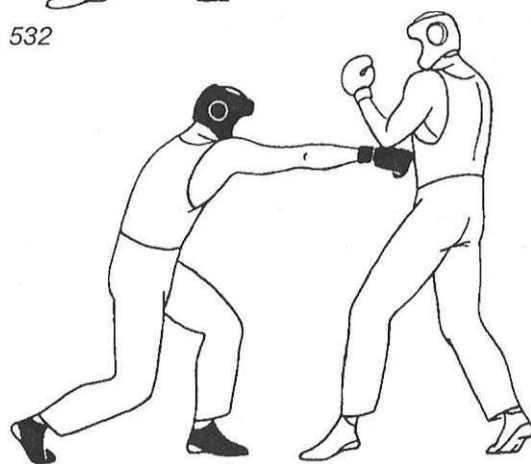


Рис. 532



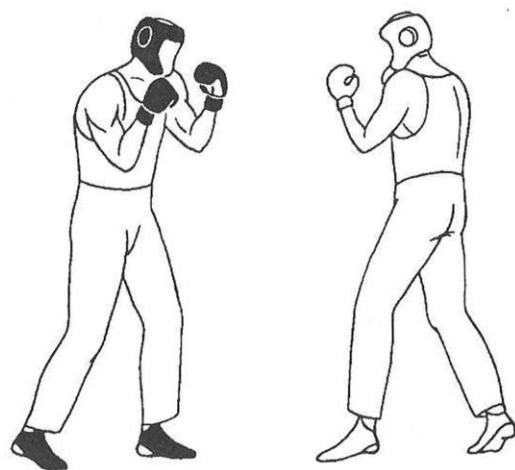
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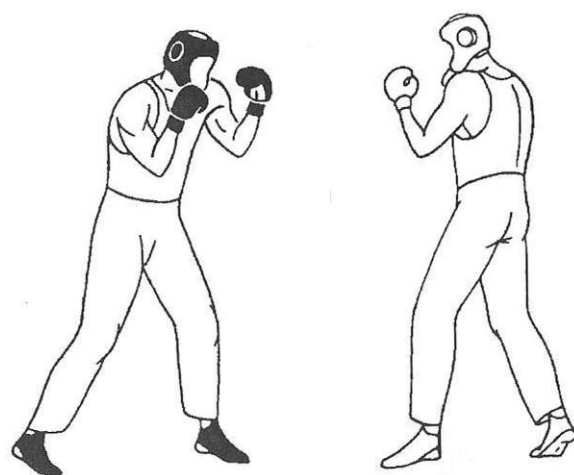
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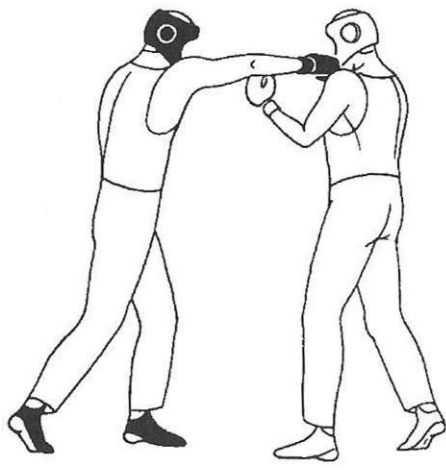
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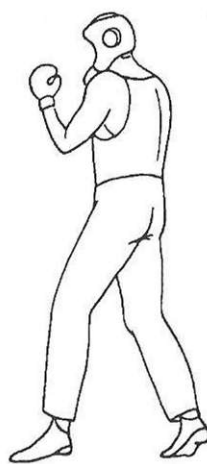
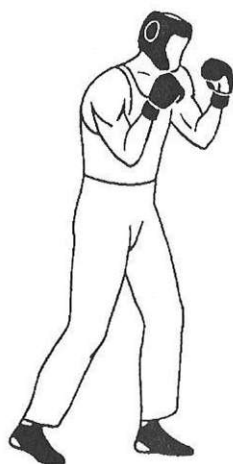
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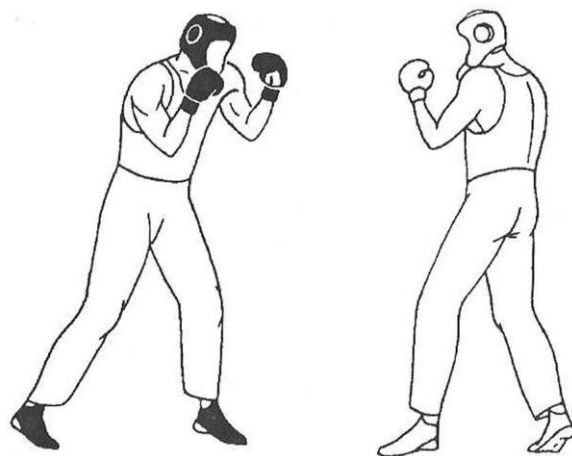
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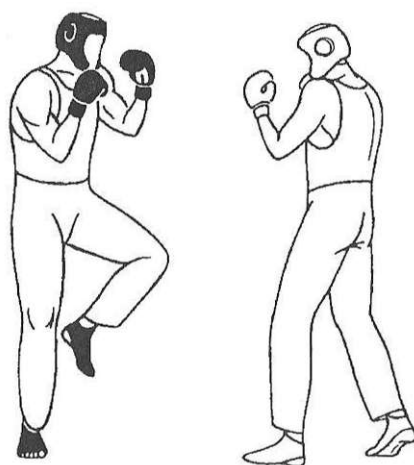
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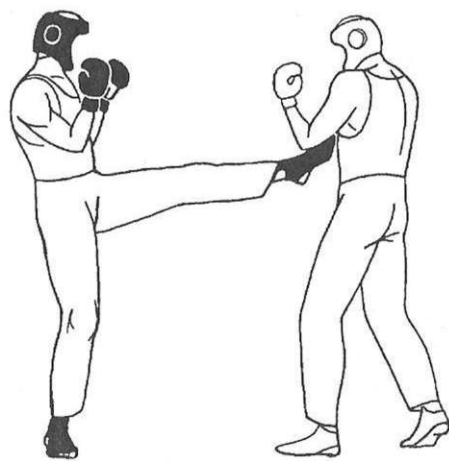


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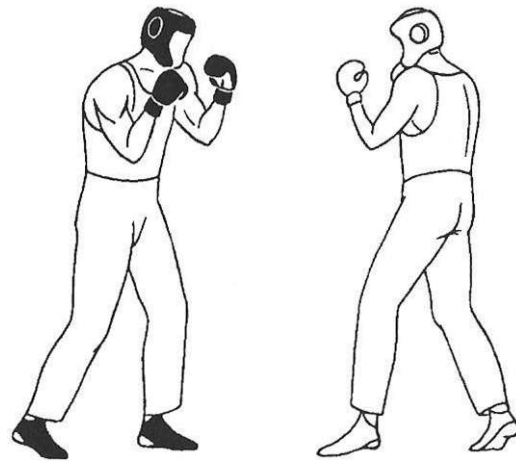
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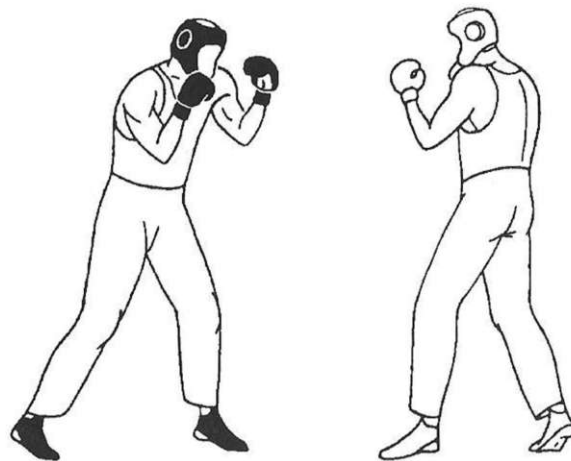
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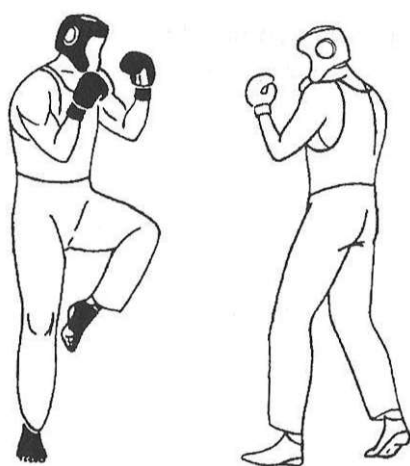


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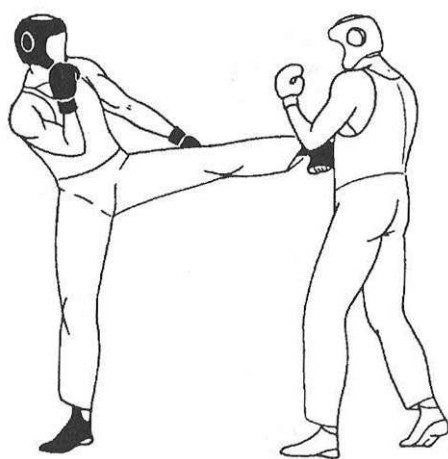


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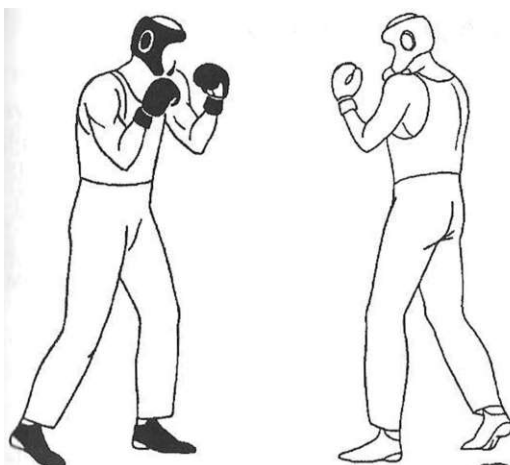
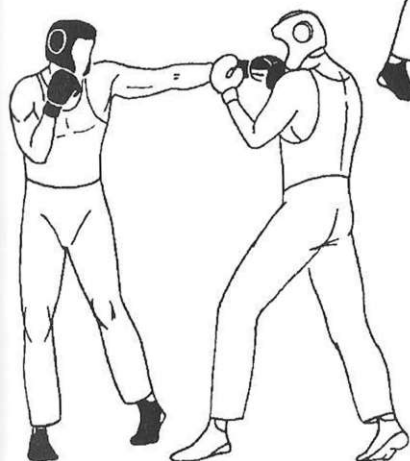


Рис. 545



Рис. 546



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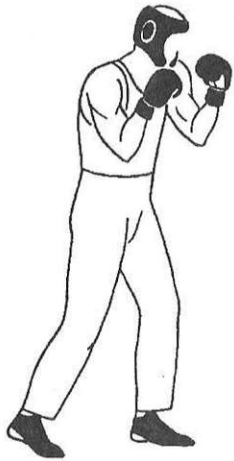
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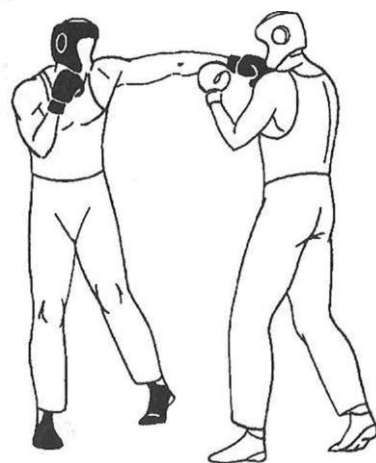
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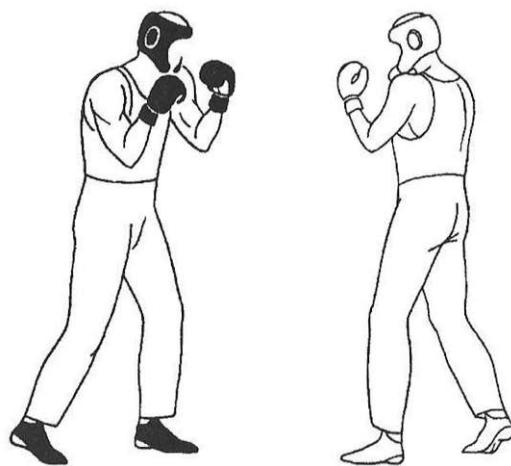
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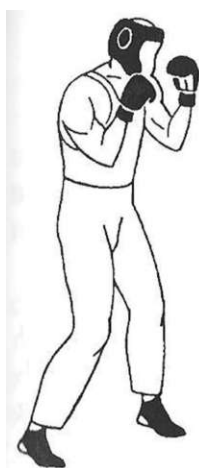
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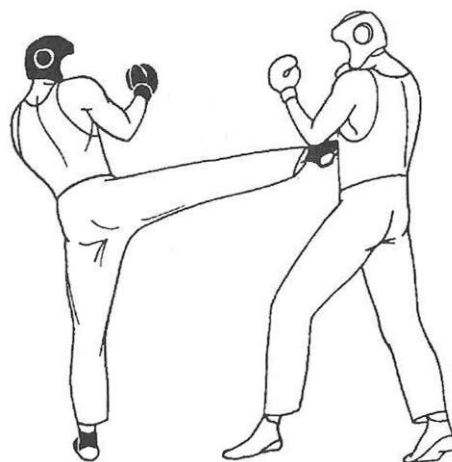


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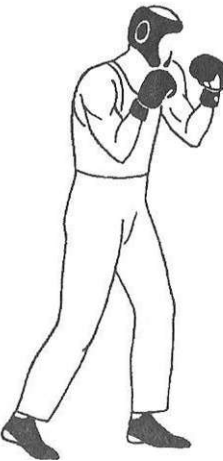
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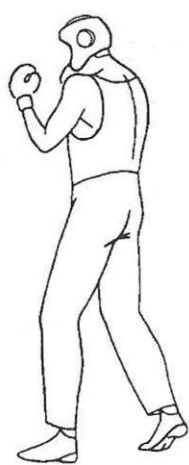
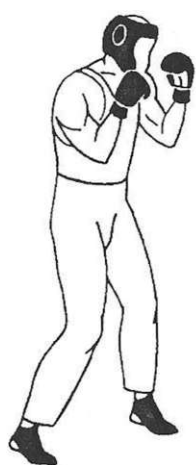
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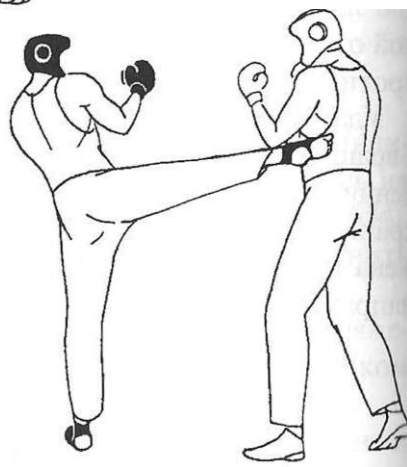
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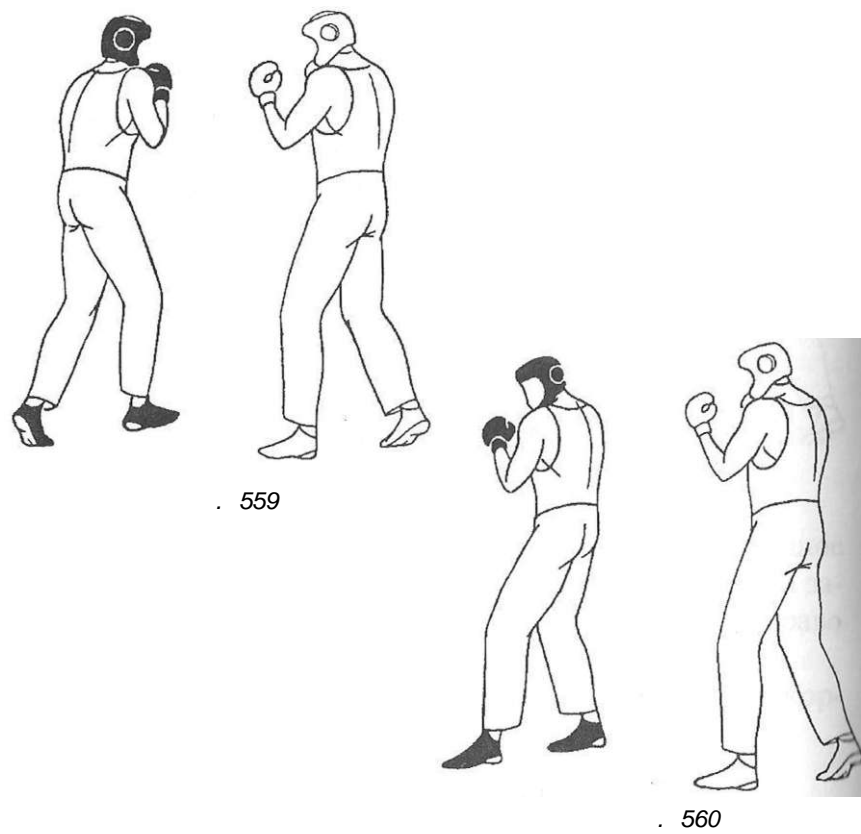
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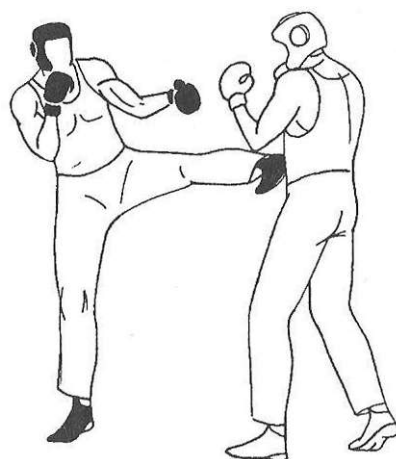
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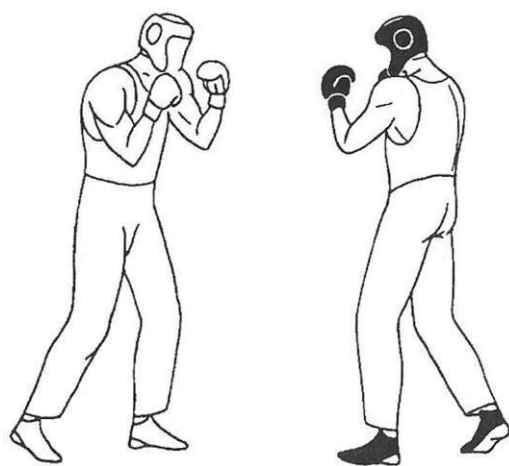


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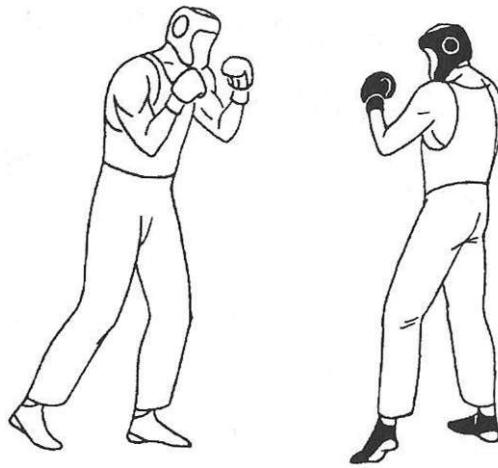
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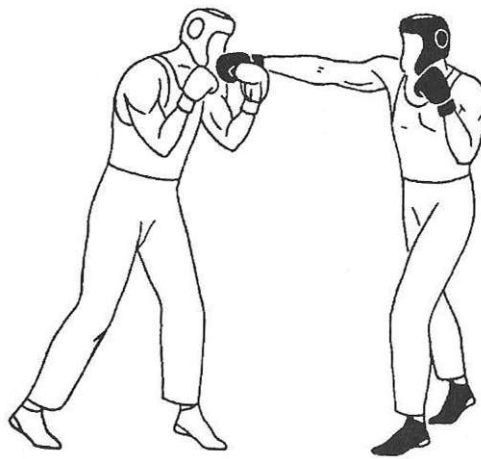


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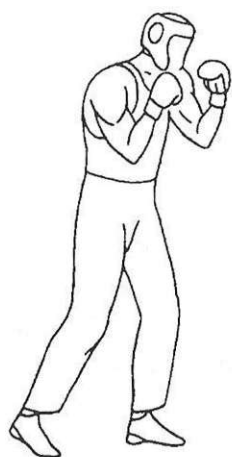


Рис. 565

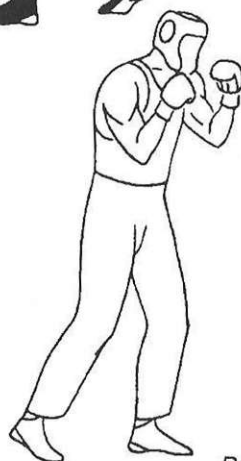
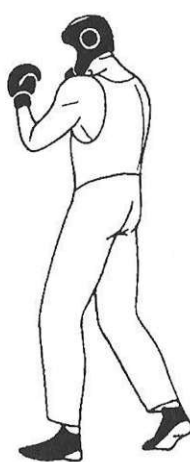
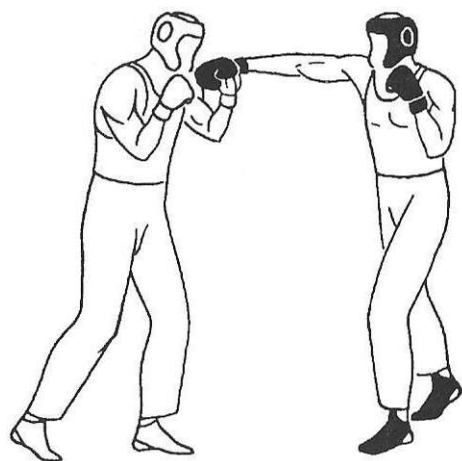


Рис. 566





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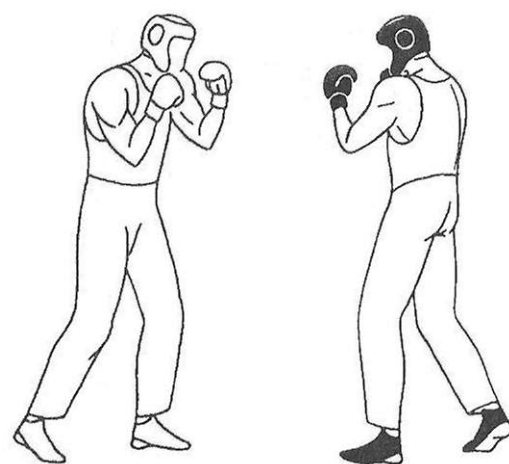
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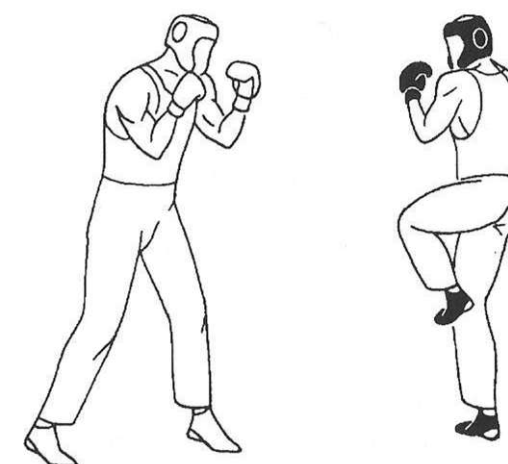
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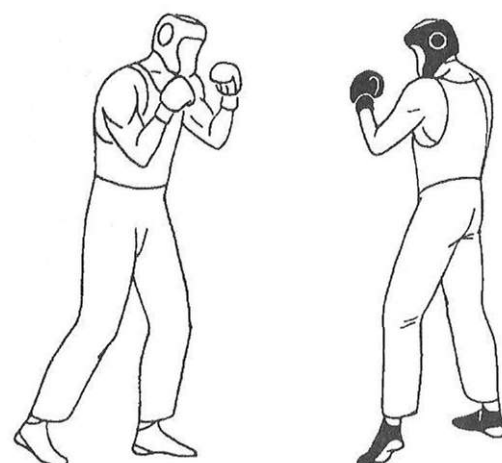
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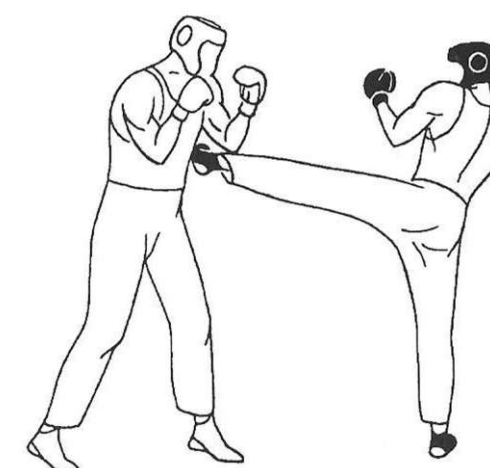
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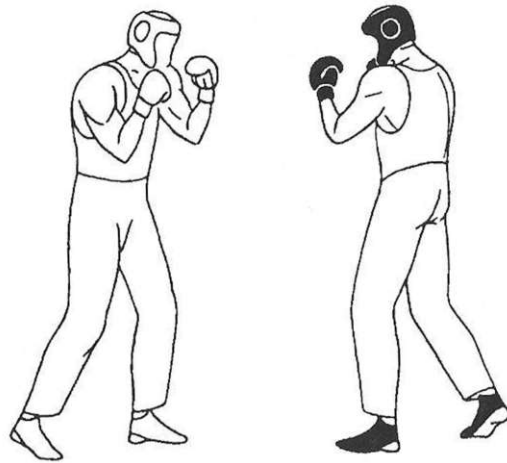


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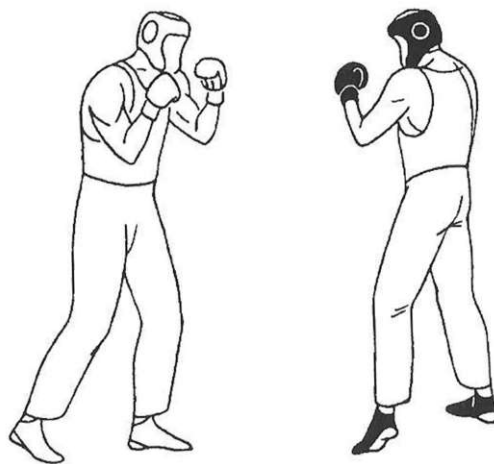


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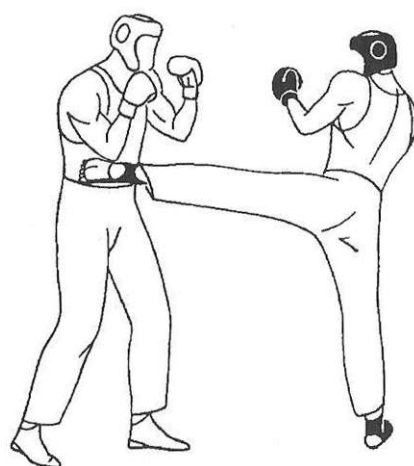
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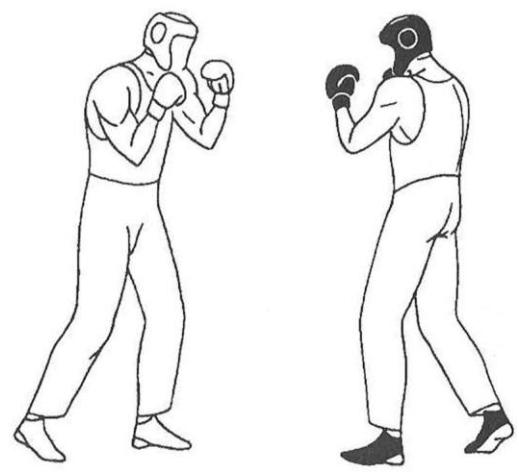
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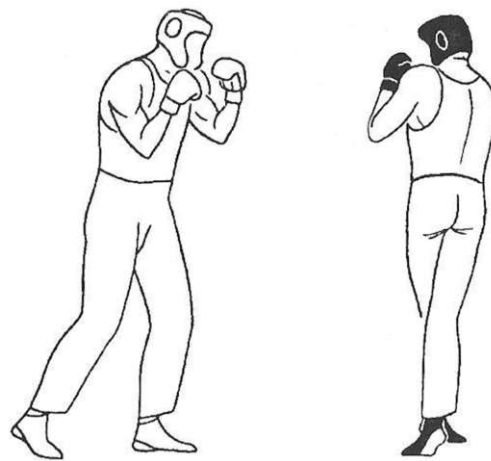
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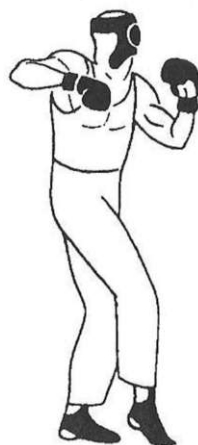
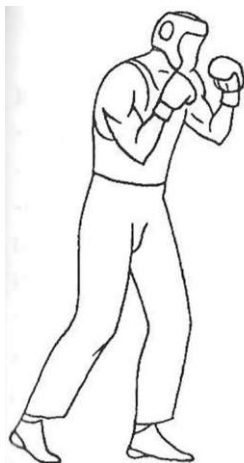


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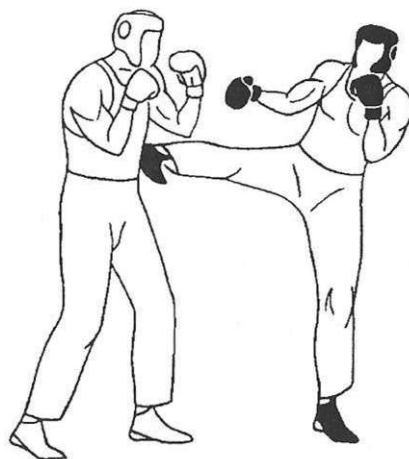


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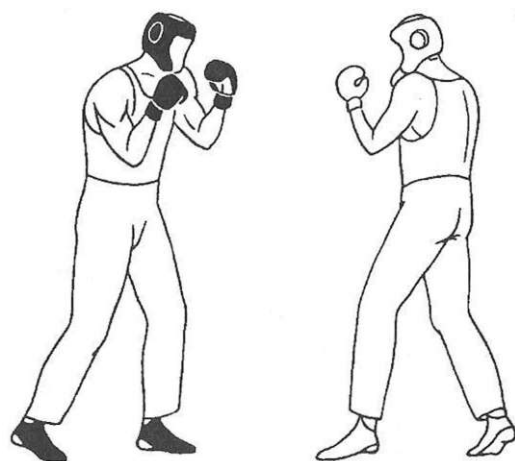
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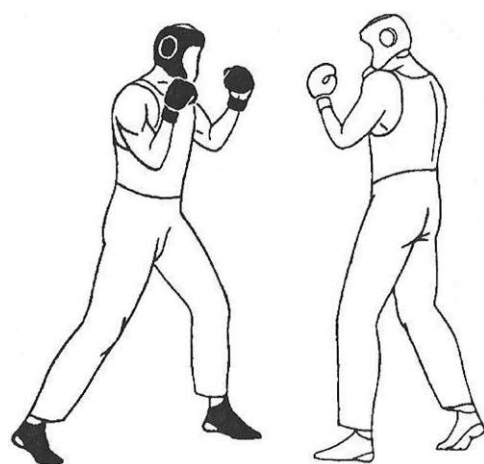
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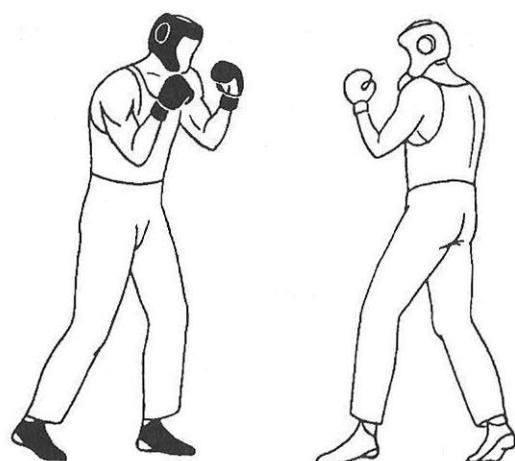


Рис. 582

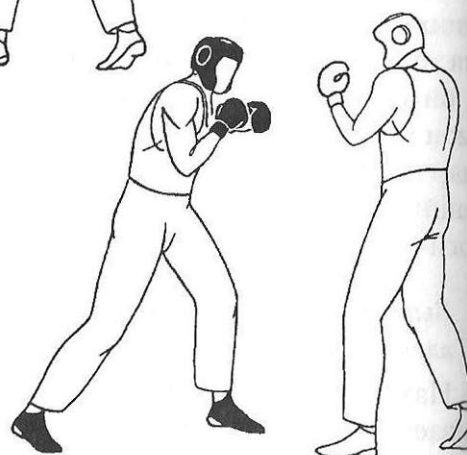
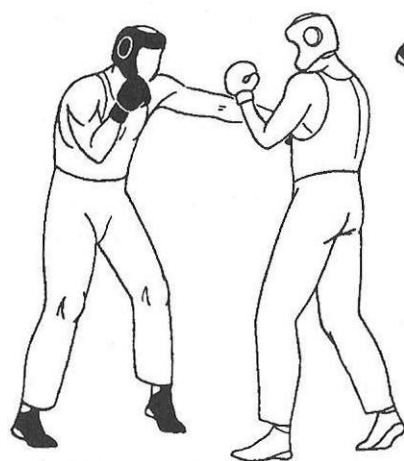


Рис. 583



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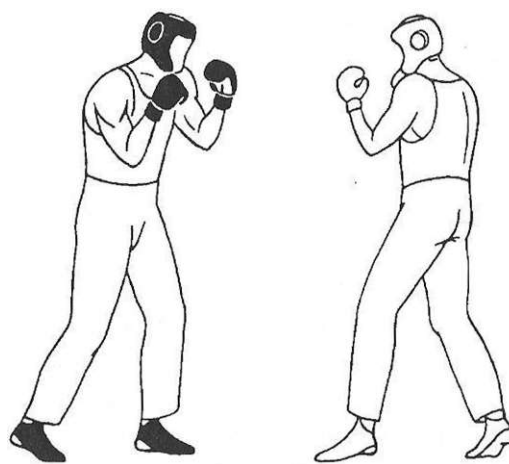


Рис. 585

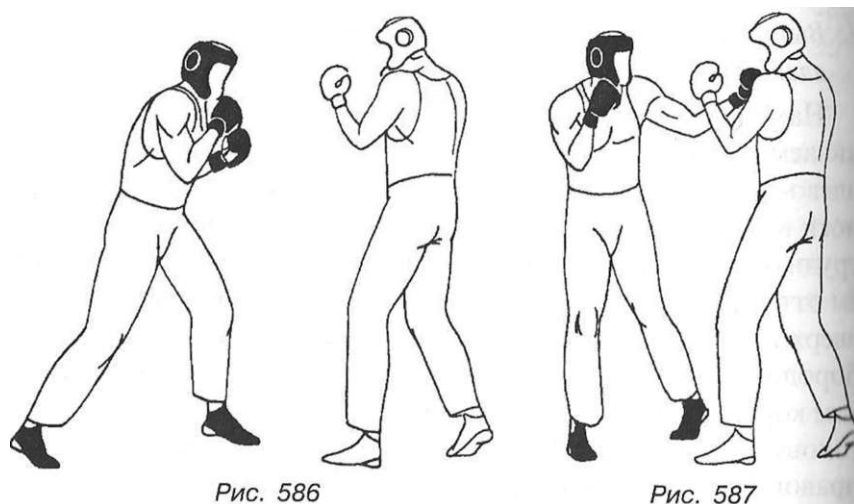


Рис. 586

Рис. 587

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Удар снизу левой рукой в корпус с шагом  
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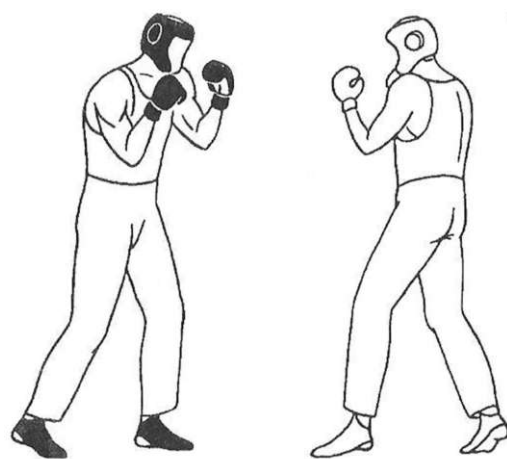


Рис. 588

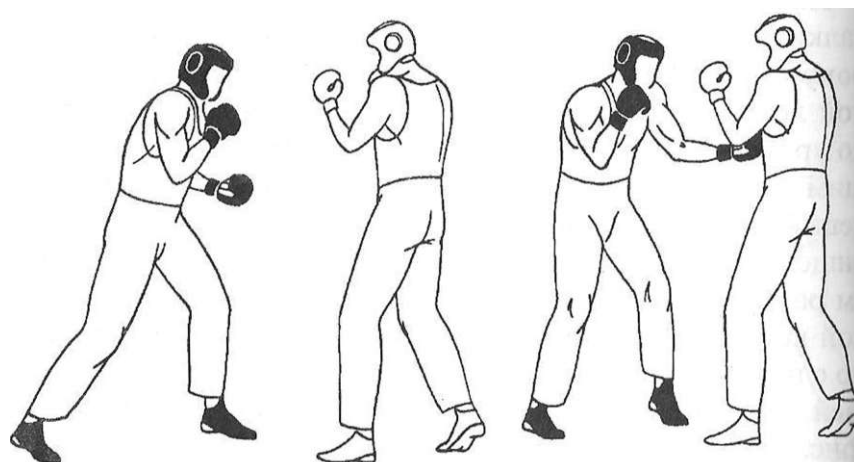


Рис. 589

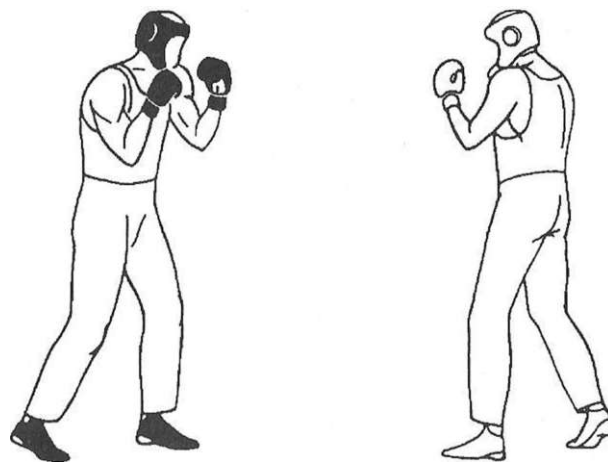
Рис. 590

Удар ёко-гери правой ногой в корпус  
с шагом влево-вперед

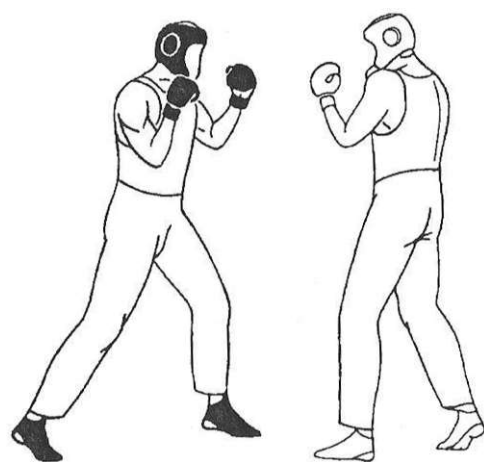
Удар ёко-гери правой ногой в корпус  
с шагом влево-вперед

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*Рис.* 591



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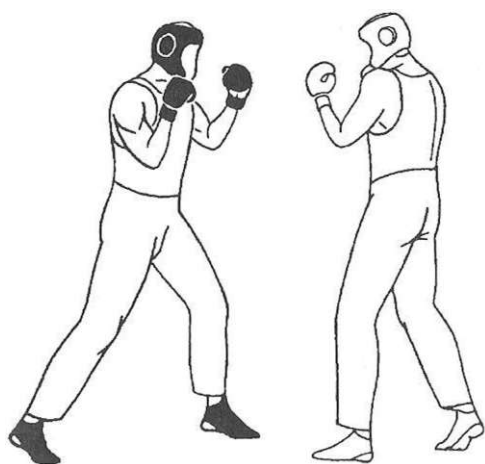
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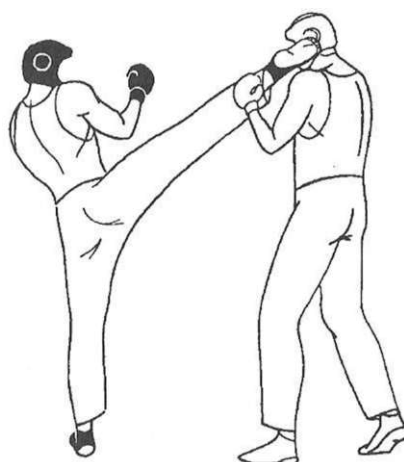


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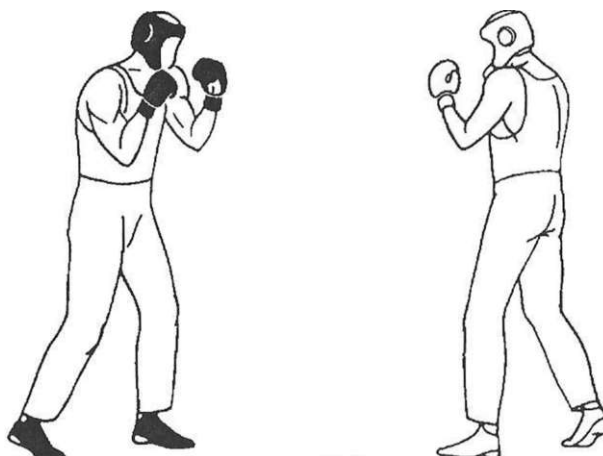
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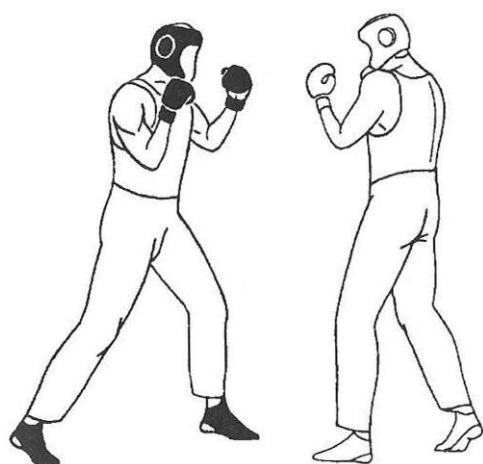
Удар мавашигери правой ногой в корпус  
с шагом влево-вперед

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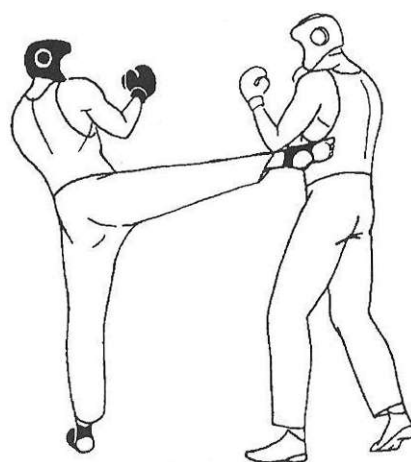
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## **УДАРЫ С ШАГОМ ВЛЕВО-ВПЕРЕД И КРУГОВЫМ ВРАЩЕНИЕМ**

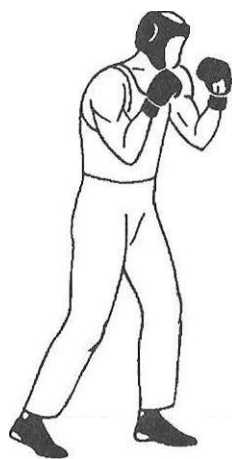
Удар изнутри наружу левой рукой в голову  
с шагом влево-вперед и круговым вращением

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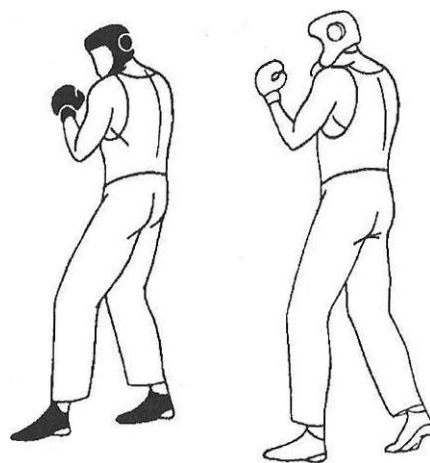
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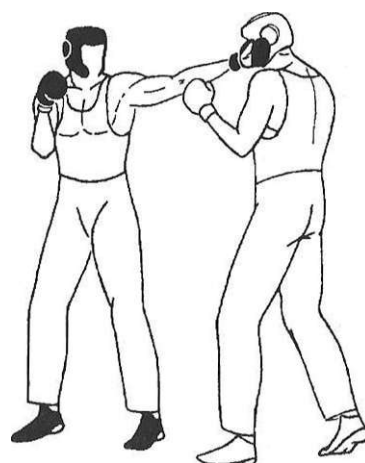
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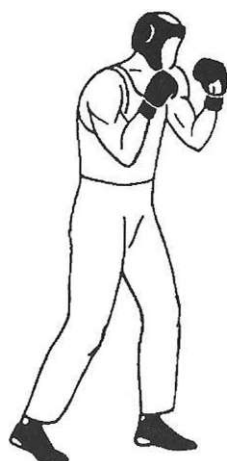


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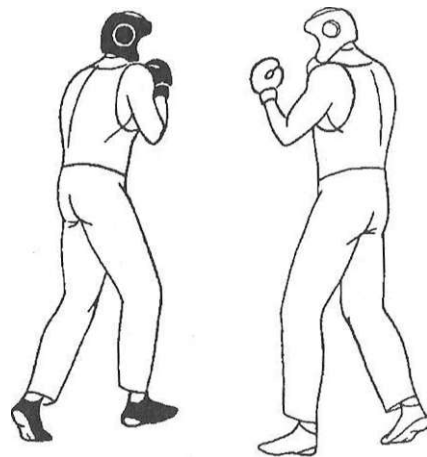
Удар ёко-гери левой ногой в корпус  
с шагом влево-вперед и круговым вращением



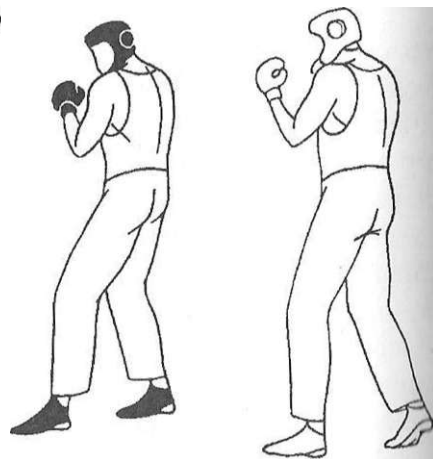
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606



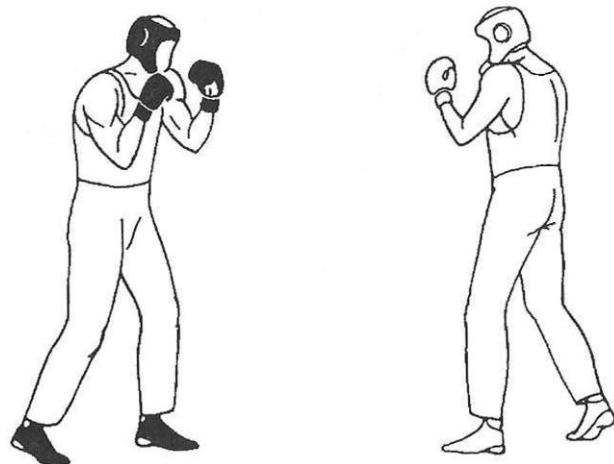
607



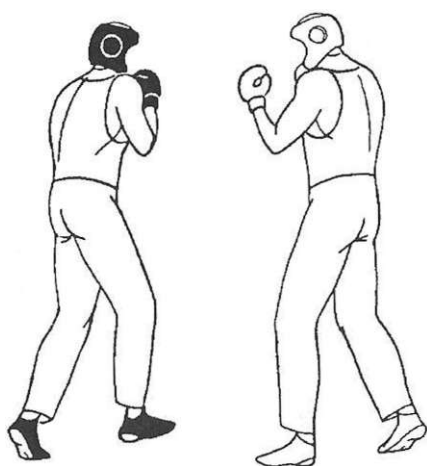


Удар ура-маваши-гери левой ногой в корпус с шагом влево-вперед и круговым вращением

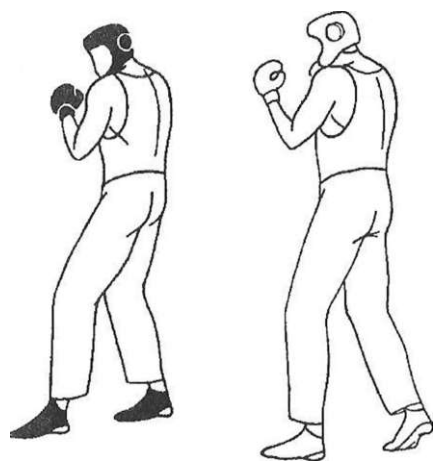
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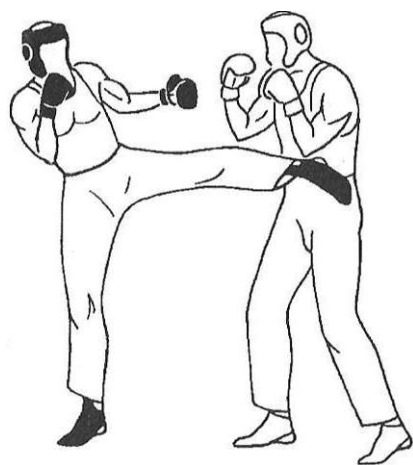
. 610



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. 613

## УДАРЫ С ВЫПАДОМ ВЛЕВО-ВПЕРЕД

### Удары руками с выпадом влево-вперед

Прямой удар правой рукой в голову с выпадом влево-вперед

45°

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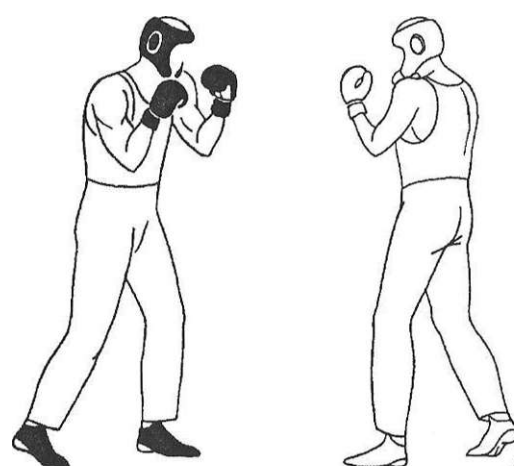


Рис. 614

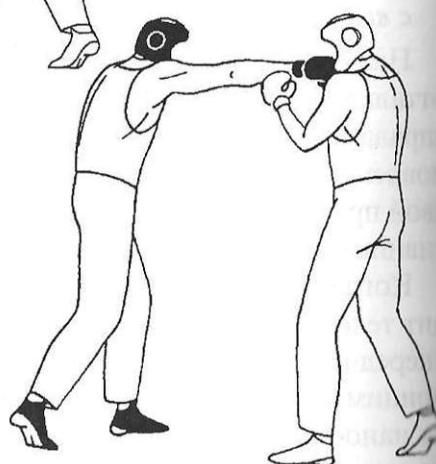


Рис. 615



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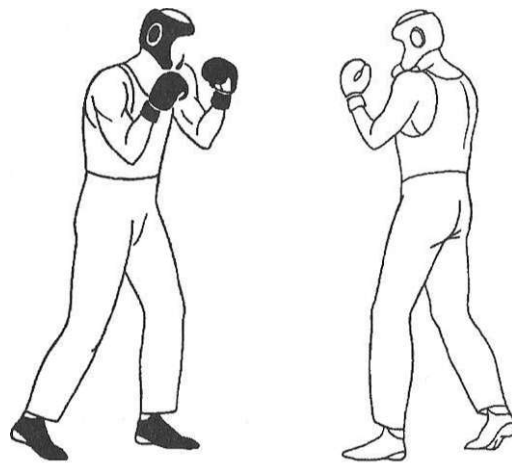


Рис. 616

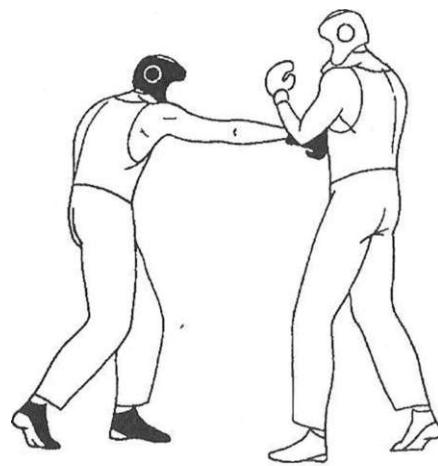


Рис. 617



## Удары ногами с выпадом влево-вперед

Удар ёко-гери правой ногой в корпус  
с выпадом влево-вперед

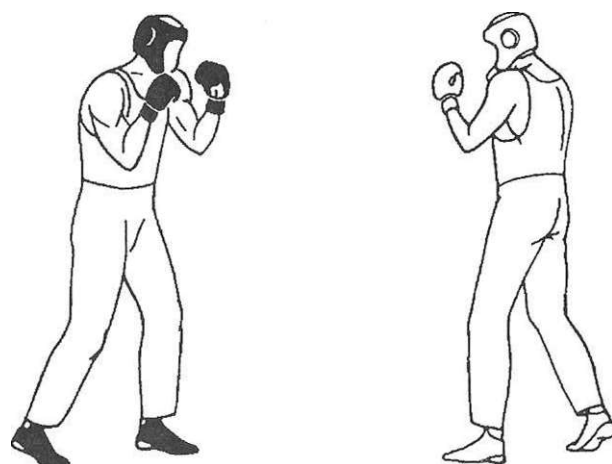
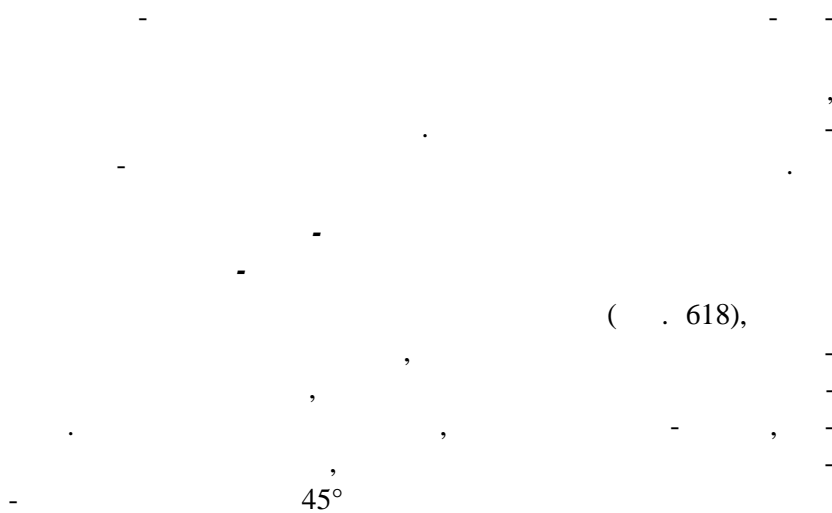
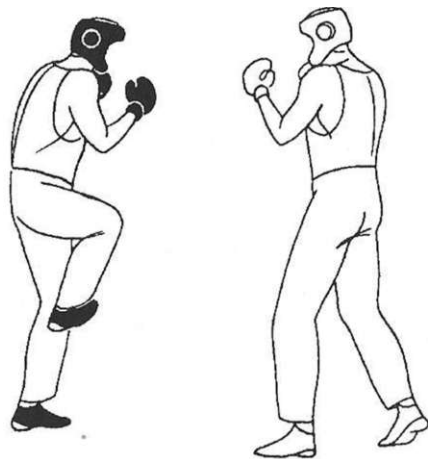


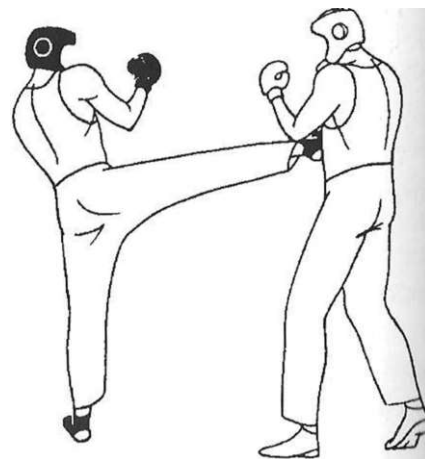
РИС. 618

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619

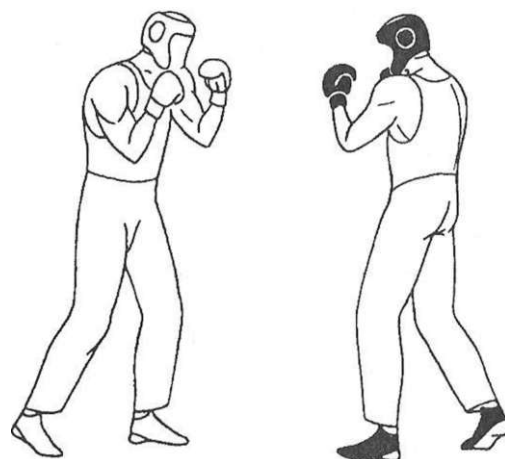


620

## УДАРЫ С ШАГОМ ВПРАВО-ВПЕРЕД

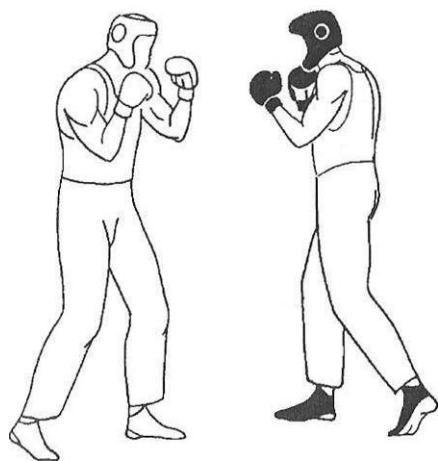
## **Основные удары руками с шагом вправо-вперед**

Боковой удар правой рукой в голову  
с шагом вправо-вперед

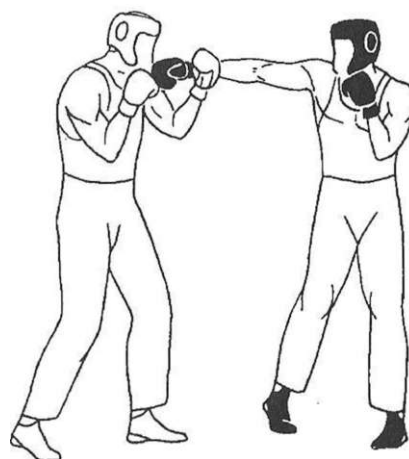


621

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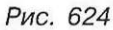


622

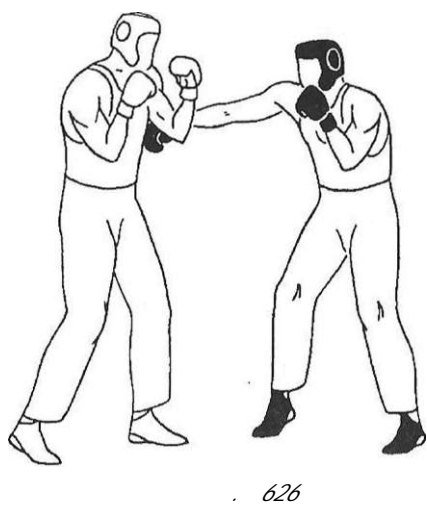
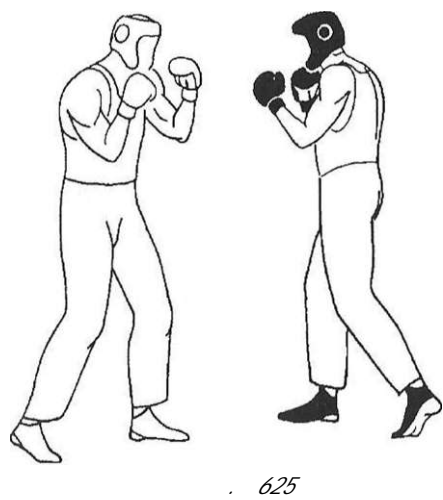


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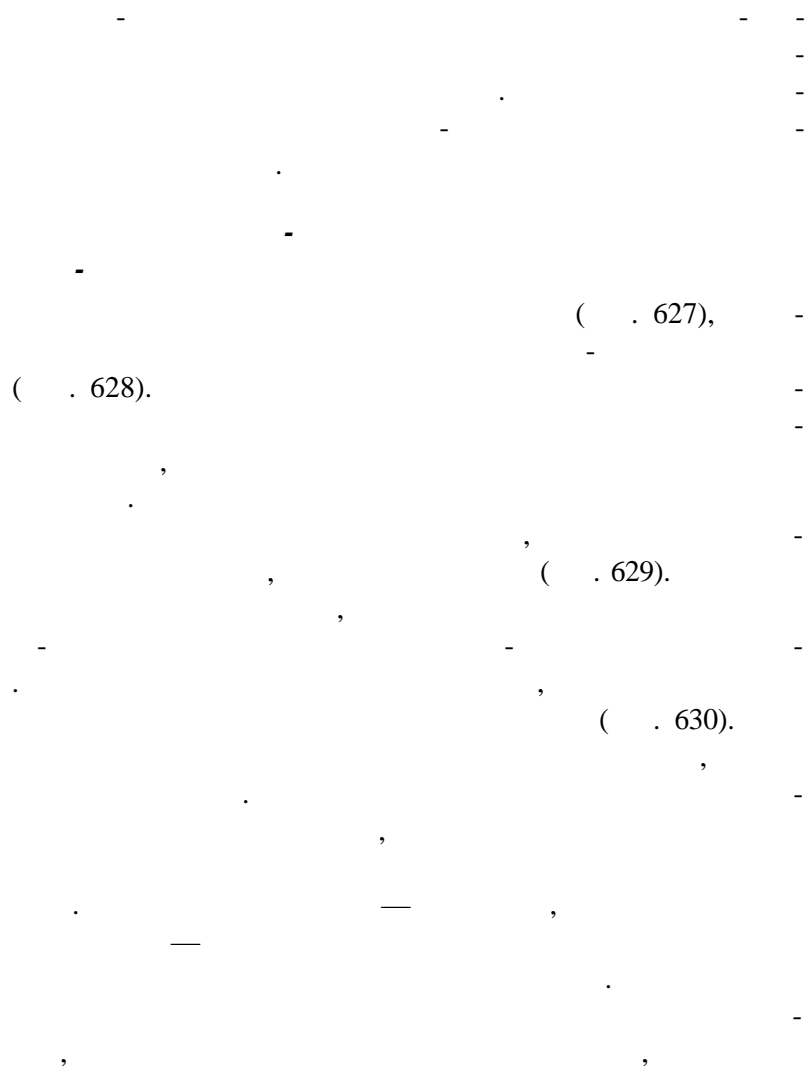


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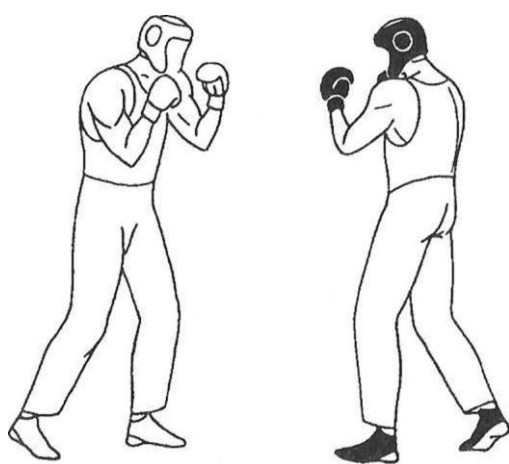


## Основные удары ногами с шагом вправо-вперед

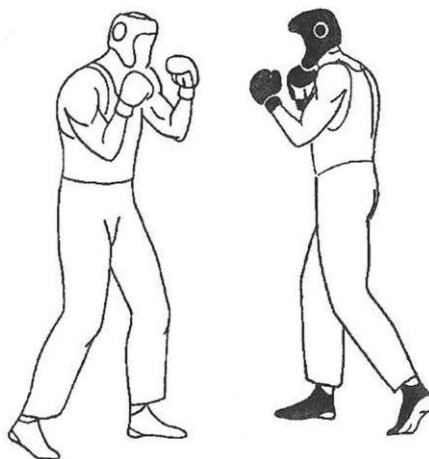
Удар ёко-гери левой ногой в корпус с шагом  
вправо-вперед



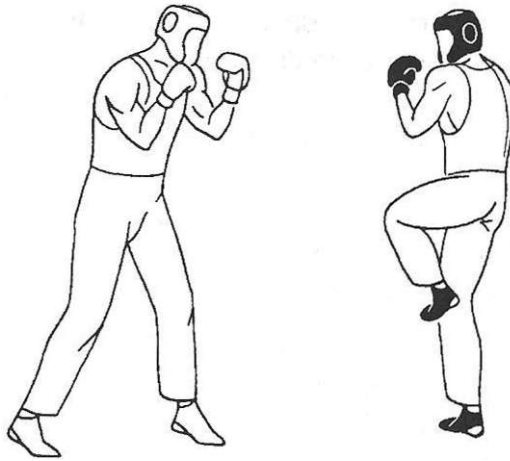




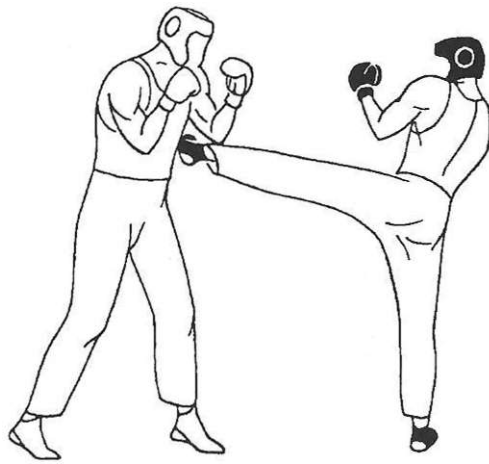
627



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Удар маваши-гери левой ногой в голову  
с шагом вправо-вперед

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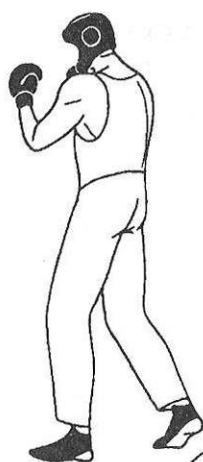
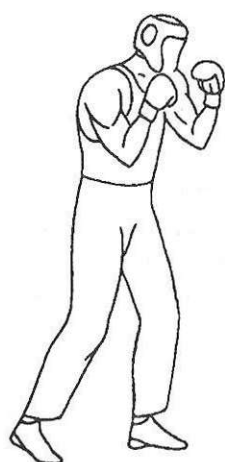


Рис. 631

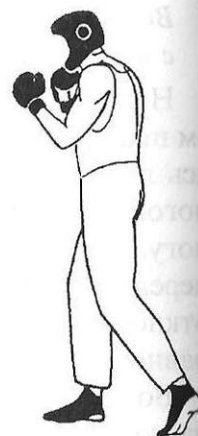
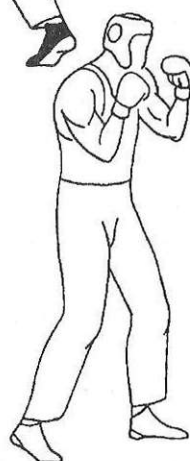


Рис. 632

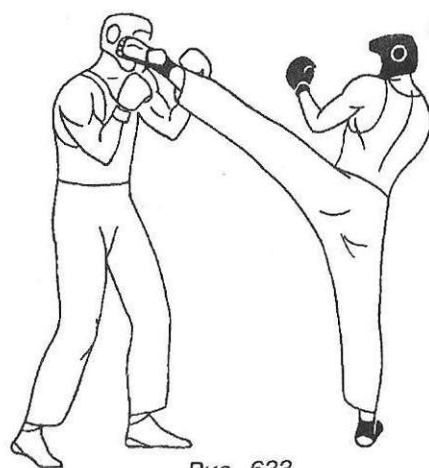


Рис. 633

Удар мавашигери левой ногой в корпус  
с шагом вправо-вперед

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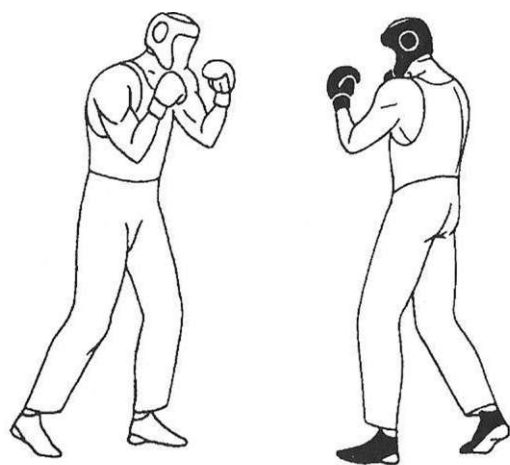


Рис. 634

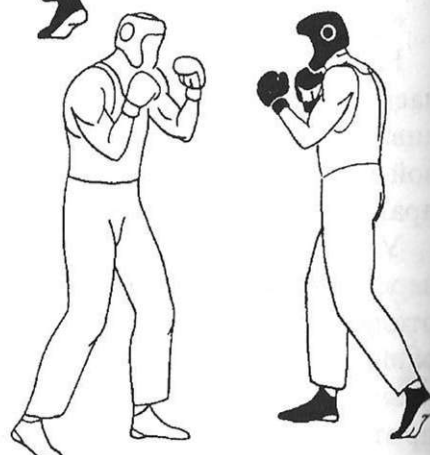


Рис. 635

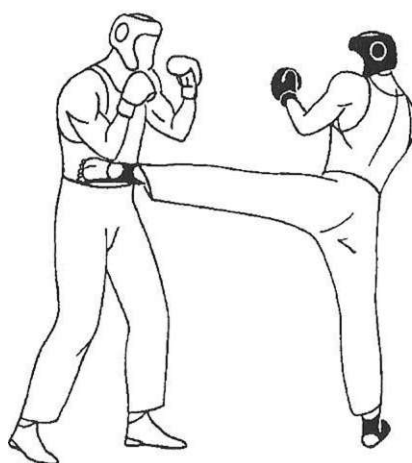


Рис. 636

## **УДАРЫ РУКАМИ С ШАГОМ ВПРАВО-ВПЕРЕД И КРУГОВЫМ ВРАЩЕНИЕМ**

Удар изнутри наружу (уракэн) правой рукой  
в голову с шагом вправо-вперед и круговым  
вращением

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(рис. 638).

(рис. 639).

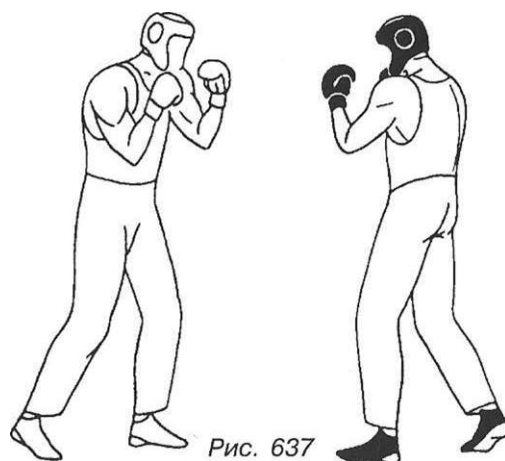
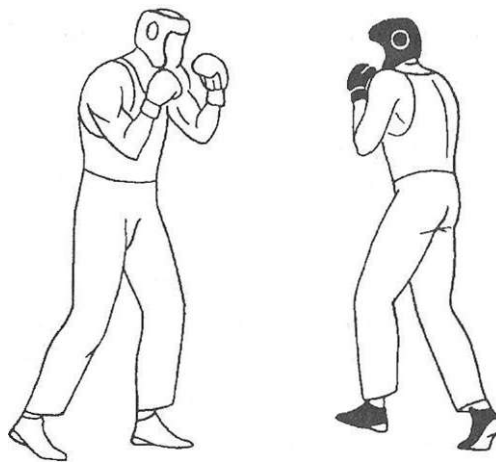


Рис. 637

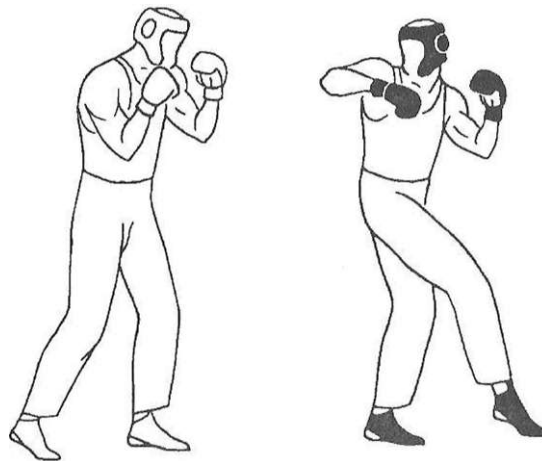
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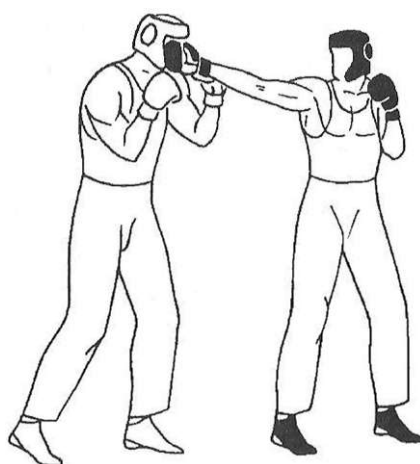


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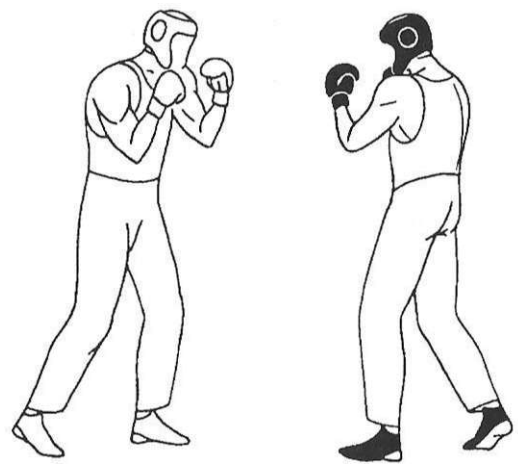
## **УДАРЫ НОГАМИ С ШАГОМ ВПРАВО-ВПЕРЕД И КРУГОВЫМ ВРАЩЕНИЕМ**

Удар ура-ёко-гери правой ногой в корпус  
с шагом левой ногой вправо-вперед и круговым  
вращением

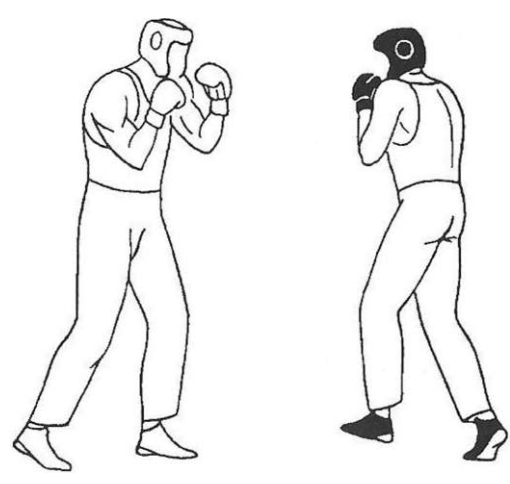
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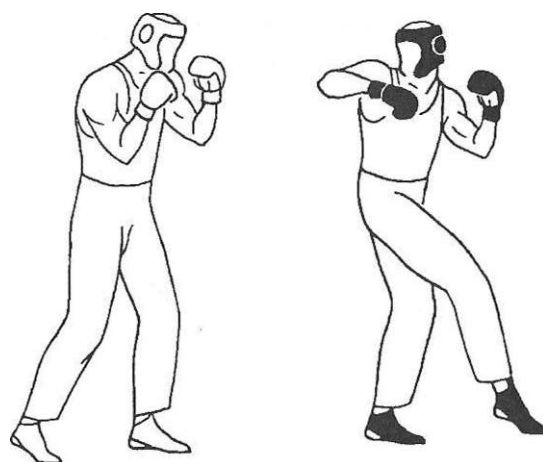
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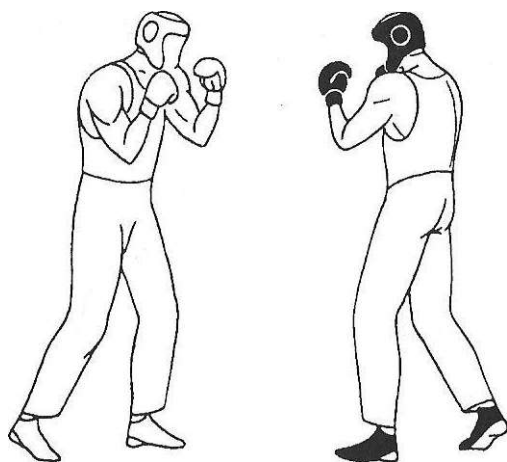


. 643

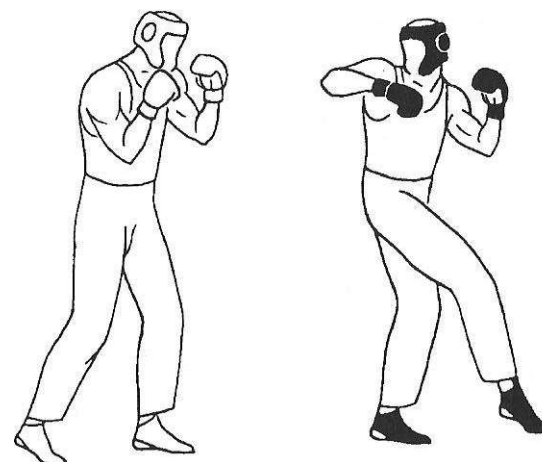


. 644

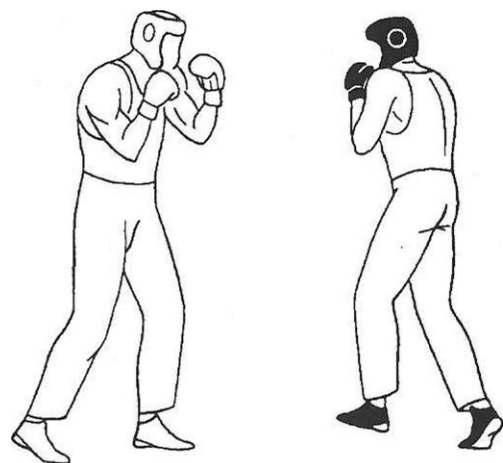




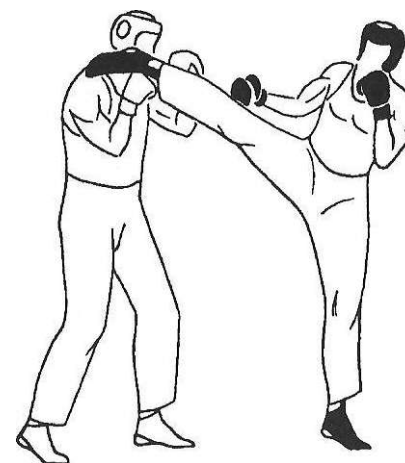
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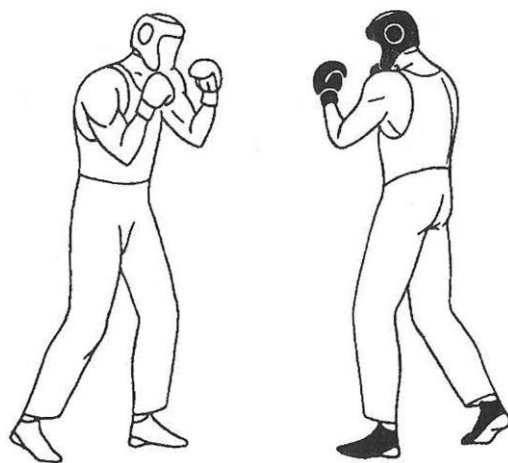
. 646



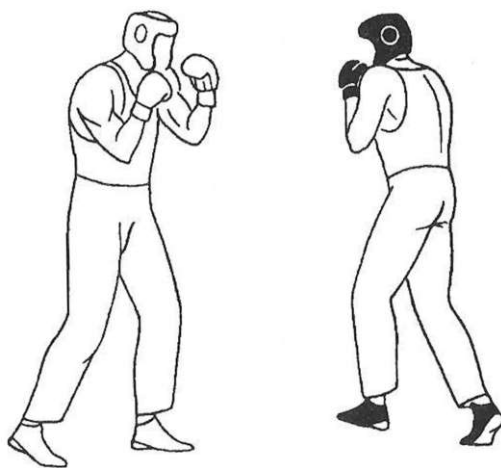
. 648

Удар ура-маваши-гери правой ногой в корпус с шагом вправо-вперед и круговым вращением

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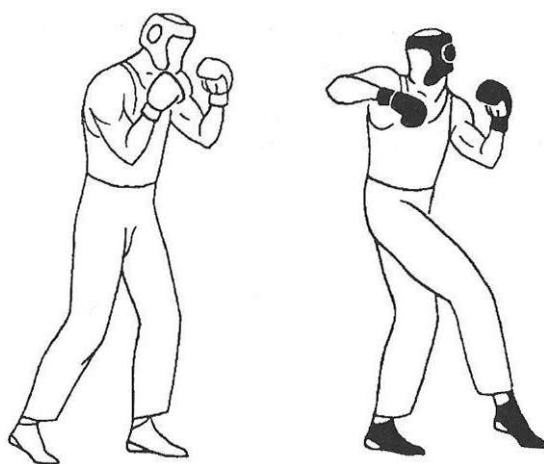


649

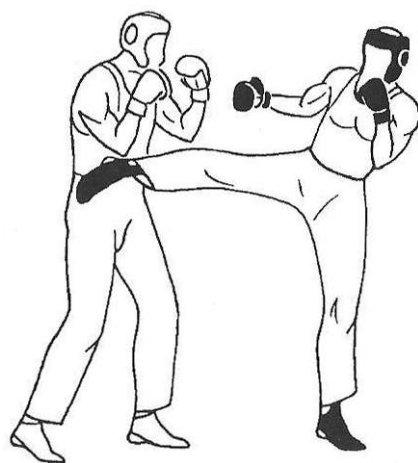


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## УДАРЫ С ВЫПАДОМ ВПРАВО-ВПЕРЕД

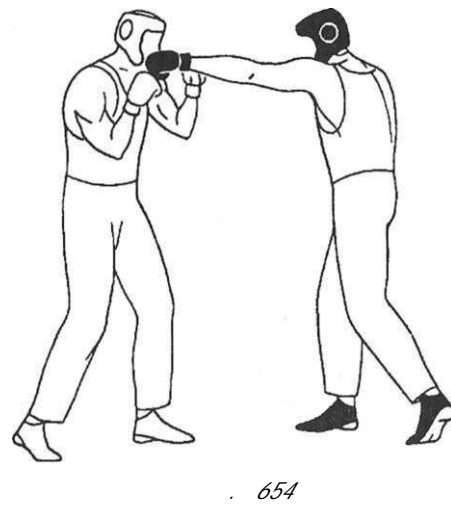
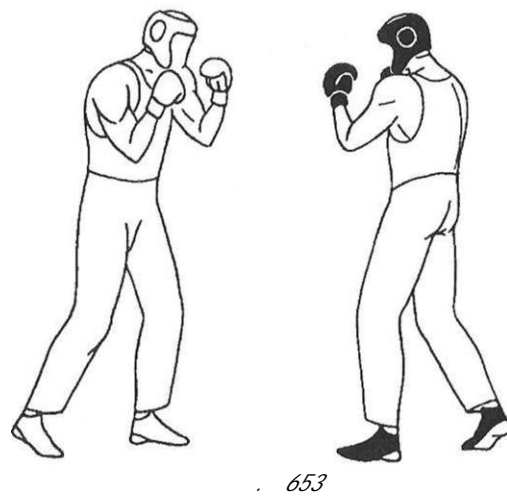
### Удары руками с выпадом вправо-вперед

Прямой удар левой рукой в голову с выпадом вправо-вперед

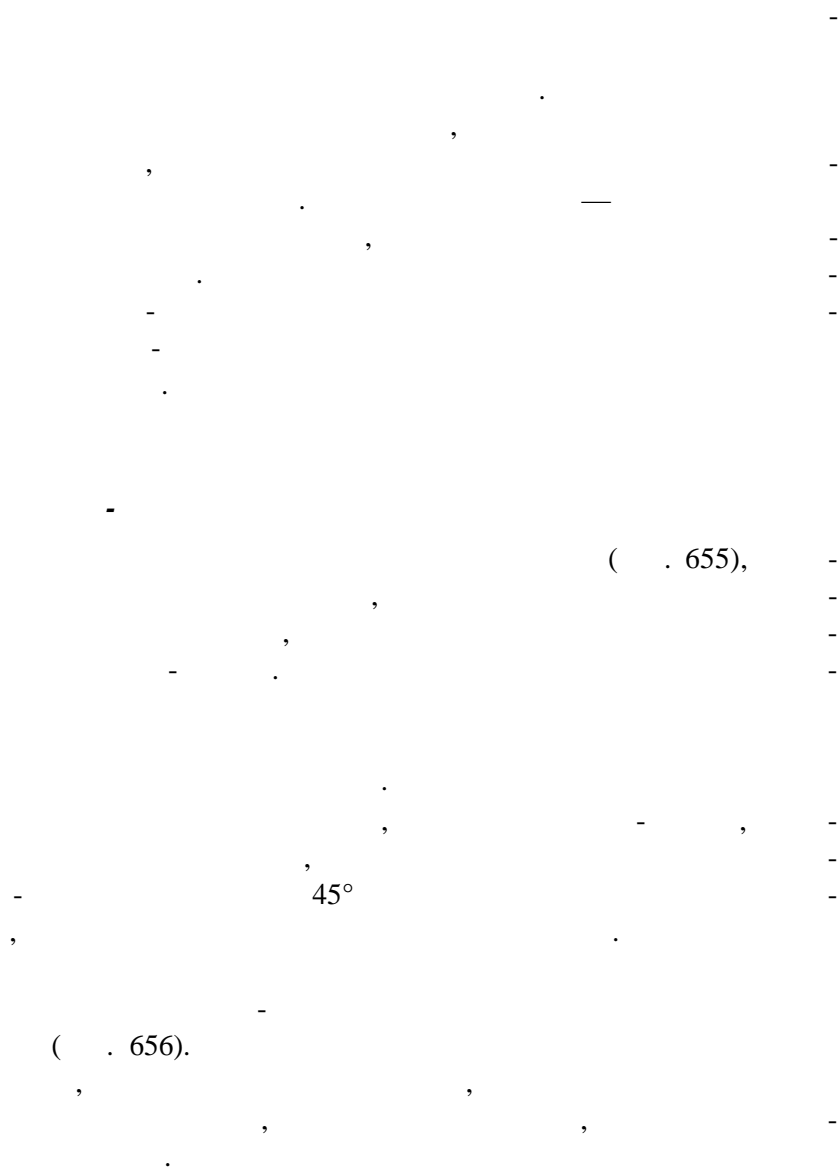
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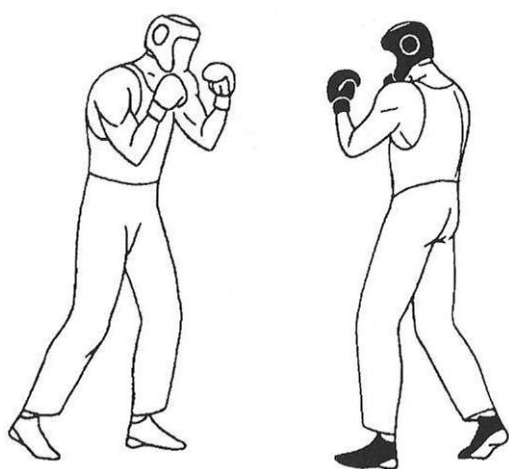
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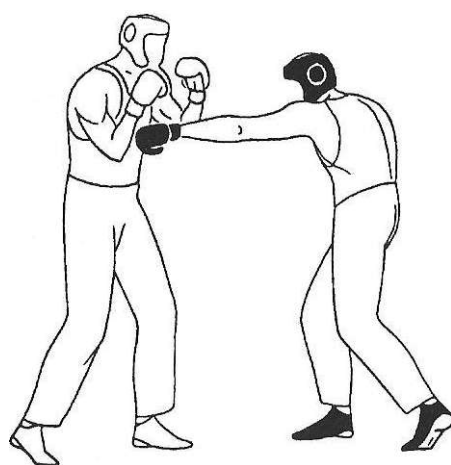


Прямой удар левой рукой в корпус с выпадом  
вправо-вперед





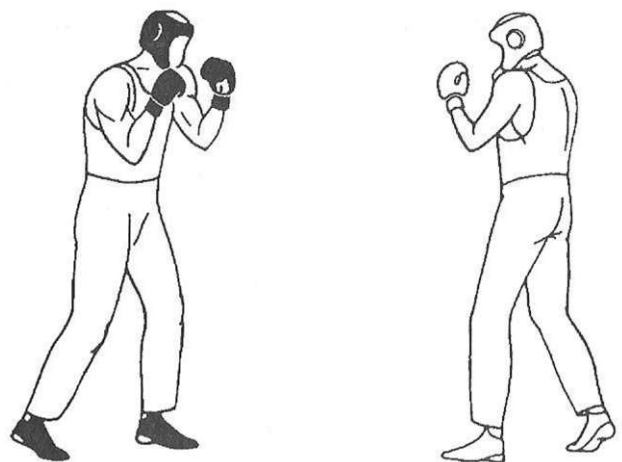
. 655



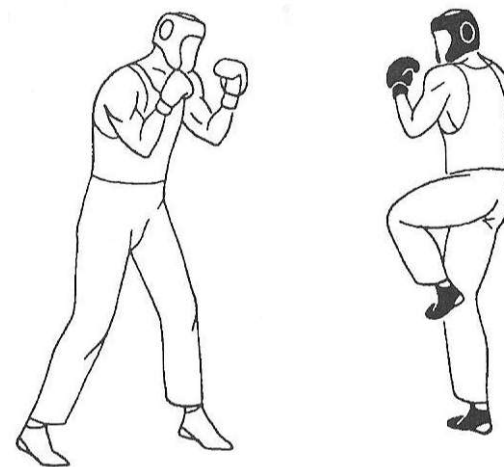
. 656

Удар ёко-гери левой ногой в корпус с выпадом  
вправо-вперед

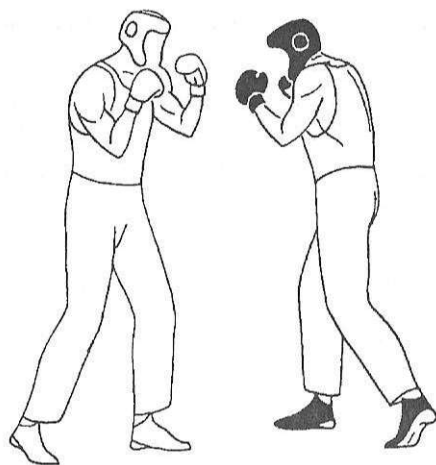
353



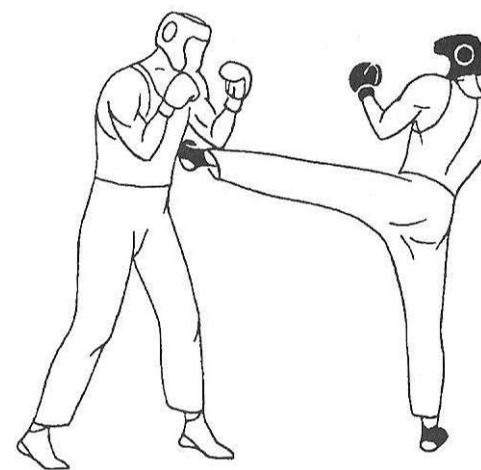
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## УДАРЫ С ШАГОМ ВПРАВО-НАЗАД

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## Основные удары руками с шагом вправо-назад

Прямой удар левой рукой в голову с шагом  
вправо-назад

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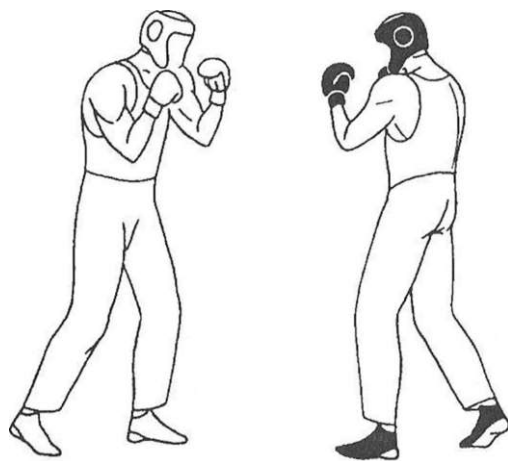
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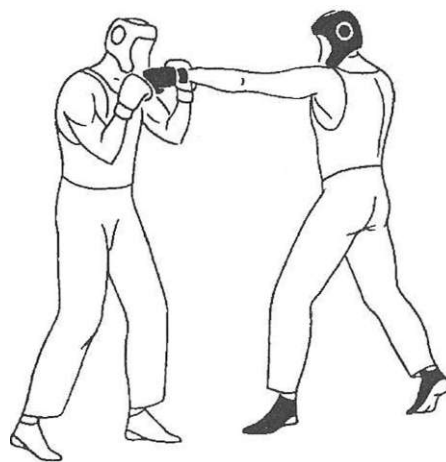
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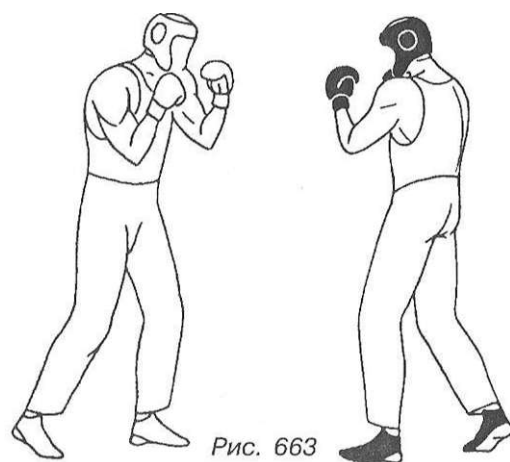


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662

Прямой удар правой рукой в голову с шагом  
вправо-назад



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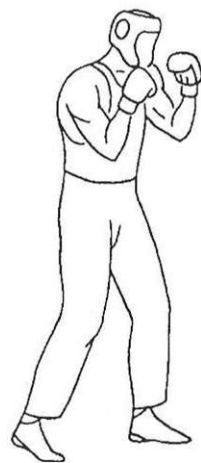
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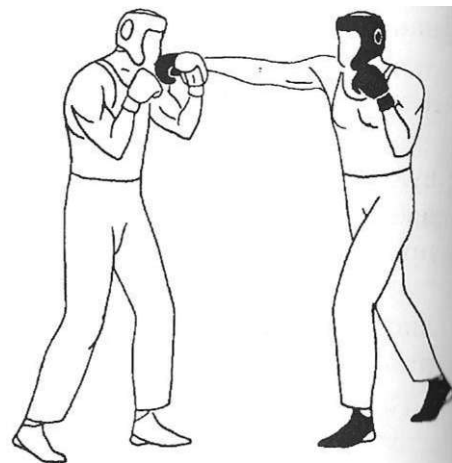
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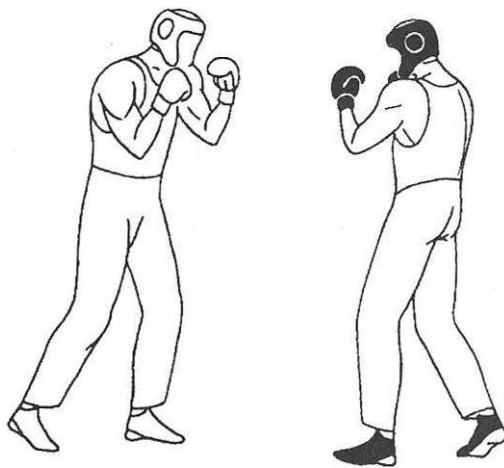
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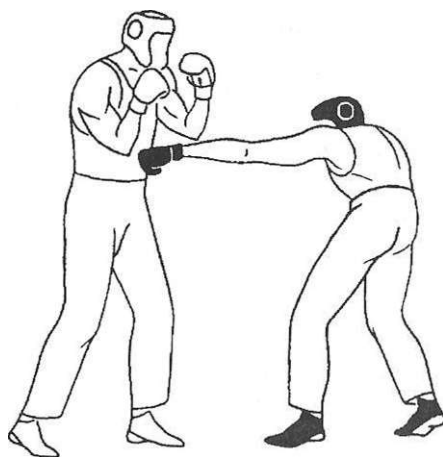
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Прямой удар левой рукой в корпус с шагом  
вправо-назад

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Прямой удар правой рукой в корпус с шагом  
вправо-назад

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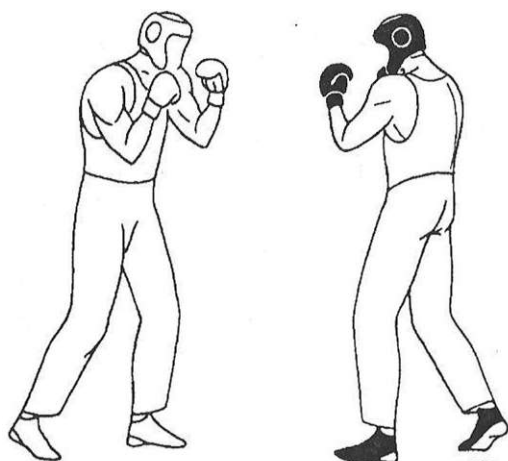


Рис. 668

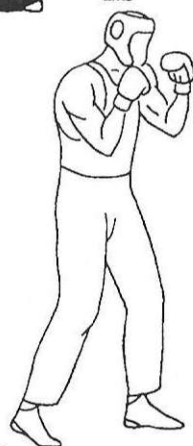


Рис. 669

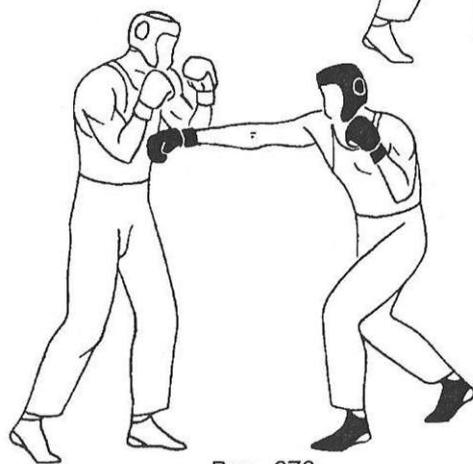


Рис. 670



Боковой удар правой рукой в голову с шагом  
вправо-назад

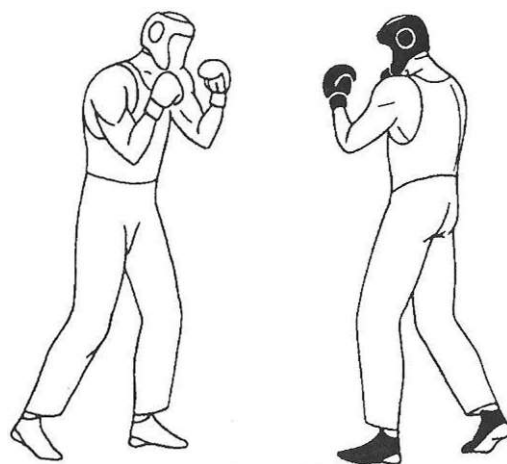


Рис. 671



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## Основные удары ногами с шагом вправо-назад

Удар ёко-гери левой ногой в корпус с шагом  
вправо-назад

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( . 674), -

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( . 675)

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, ( . 676).

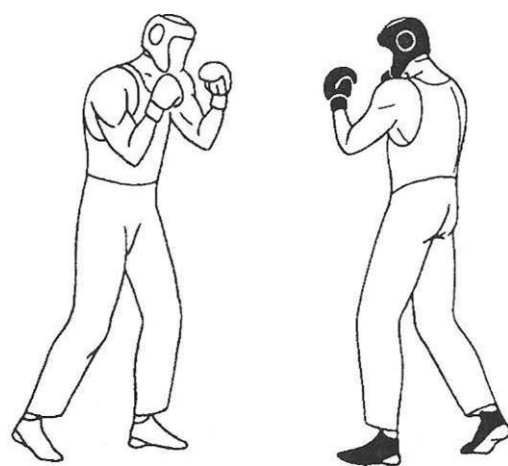
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( . 677).



674

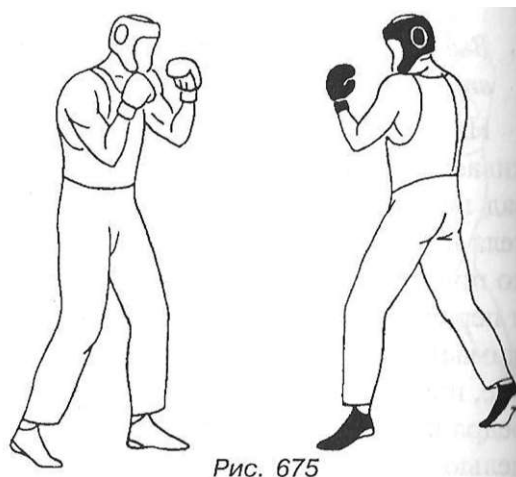


Рис. 675

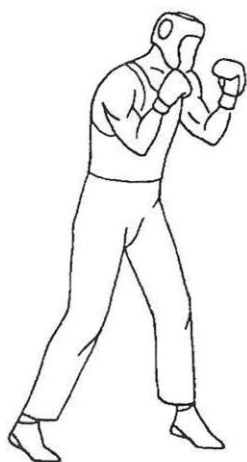


Рис. 676

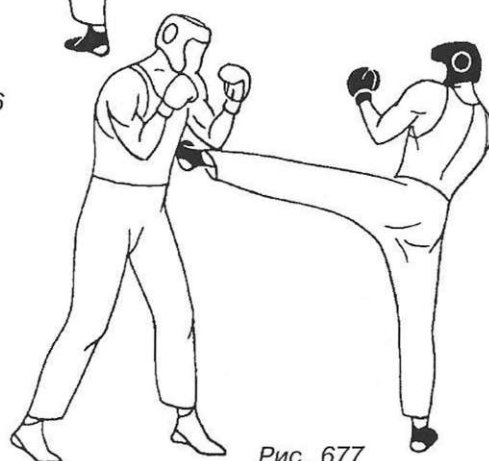


Рис. 677

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## УДАРЫ С ШАГОМ ВЛЕВО-НАЗАД

- 1) - ;
- 2) - ;
- 1) - ;
- 2) - ;

## Основные удары руками с шагом влево-назад

Прямой удар левой рукой в голову с шагом влево-назад

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( . 679).

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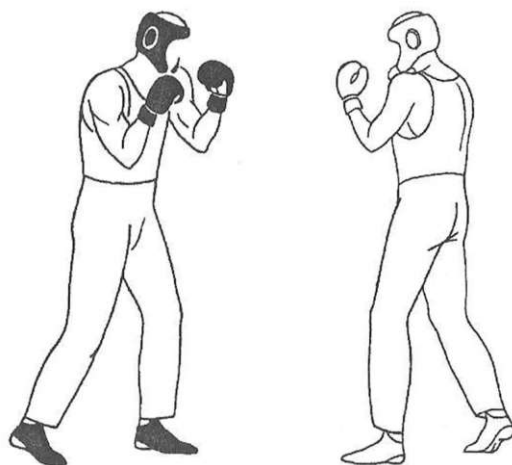
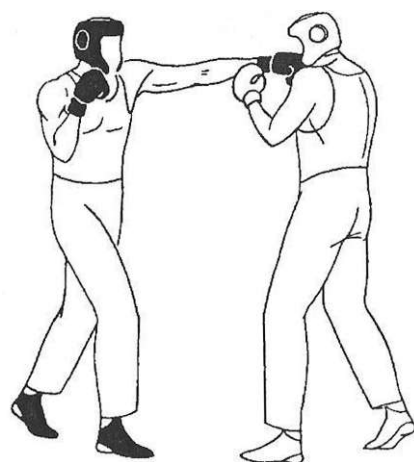


РИС. 678



679

) ;  
 ) ;  
 ) .

Боковой удар левой рукой в голову с шагом влево-назад

( . 680),



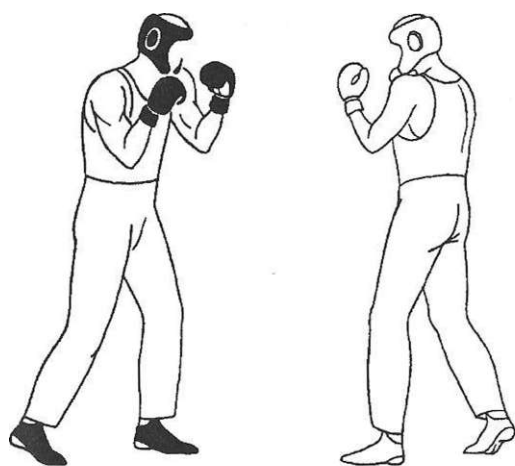
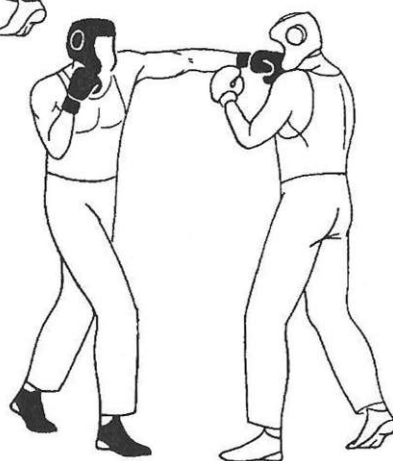


Рис. 680



681

( . 681).

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( ). -  
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) .

### **Основные удары ногами с шагом влево-назад**

Удар ёко-гери правой ногой в корпус с шагом  
влево-назад

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-  
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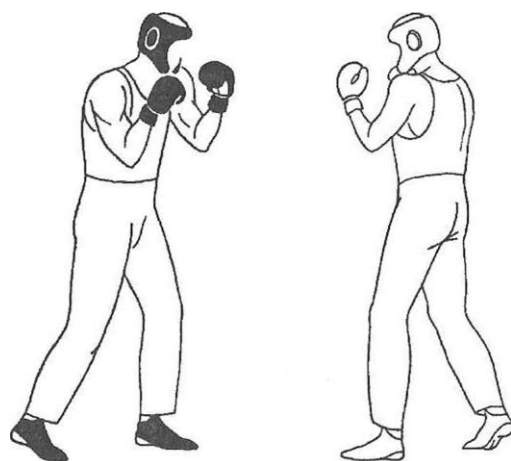
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( . 682), -

- ( . 683).

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, , ( . 684). -  
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 , ( . 685).  
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. 682

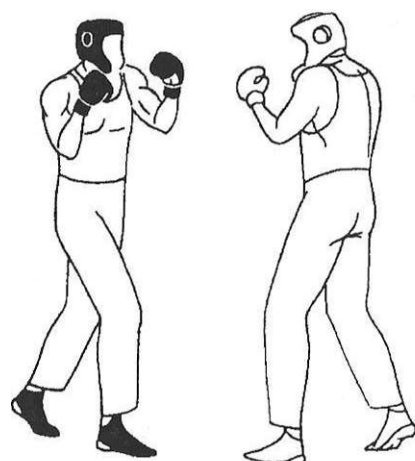
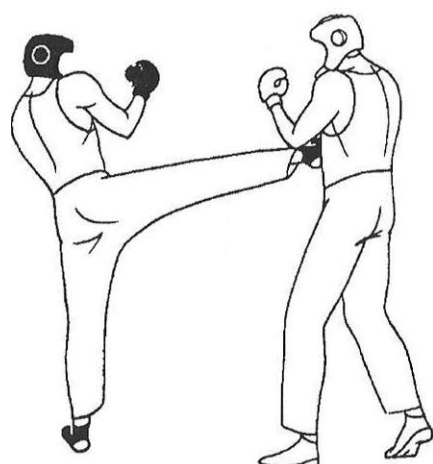


Рис. 683



Рис. 684



685

Прямой удар мае-гери правой ногой в корпус с шагом влево-назад

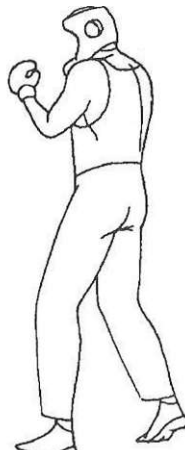
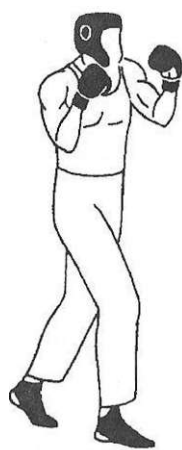
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 ( . 686), -  
 - ( . 687).  
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 ( . 688).  
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 )  
 , , -

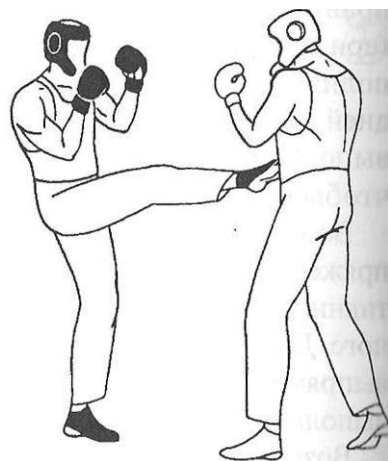
) ;  
) .



686



687



688

# ATAKA

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## ВАРИАНТЫ РАЗВИТИЯ АТАКИ

### Связки из двух ударов (рукой – рукой)

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 ( ) ,  
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( . 689), -

( . 690). -

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 ( . 691) -  
 -

( . 692).





Рис. 689

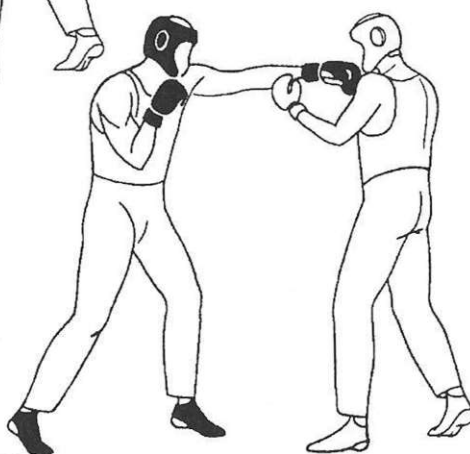
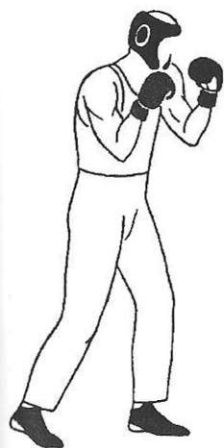
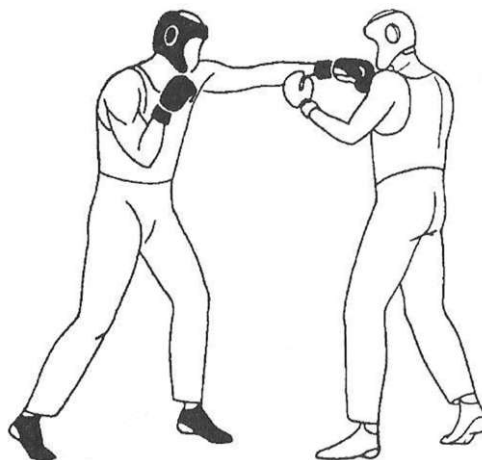


Рис. 690



691



. 692

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 ) - - .

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( . 693), -

( . 694).

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 ( . 695) -  
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( . 696).



Рис. 693

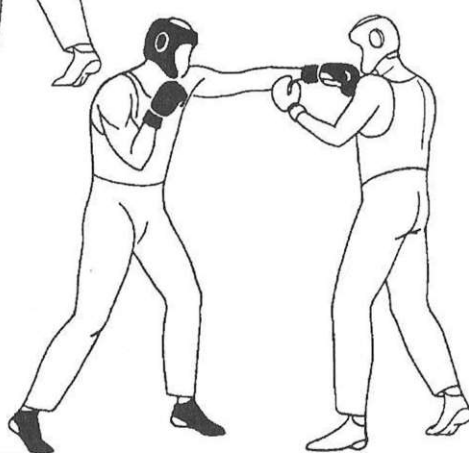
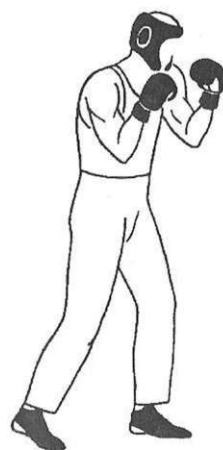
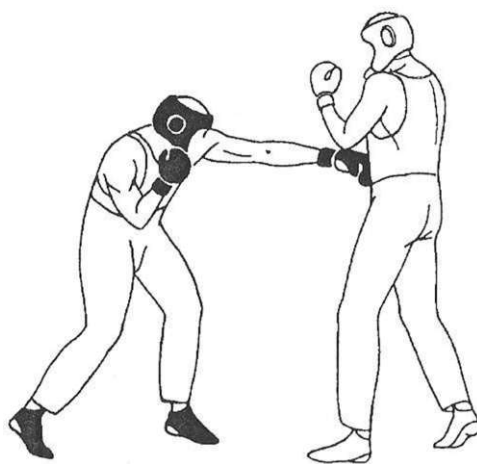


Рис. 694



695



. 696

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( . 697), -

( . 698).

( . 699) , -

( . 700). :

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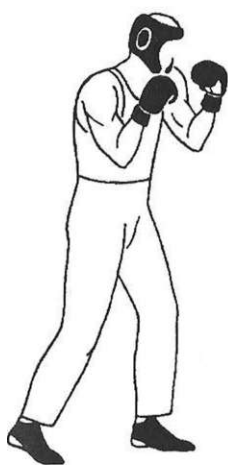


Рис. 697

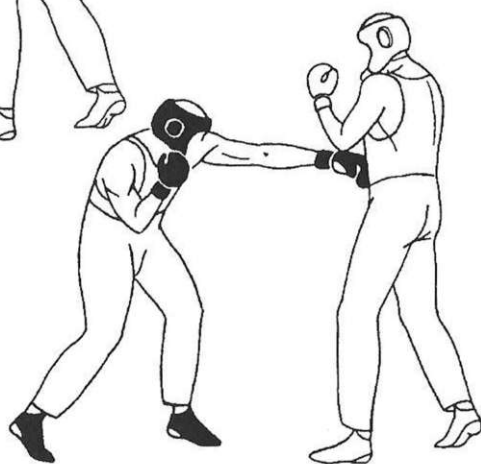
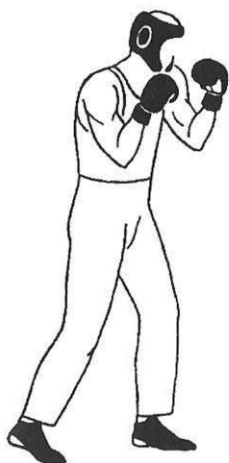
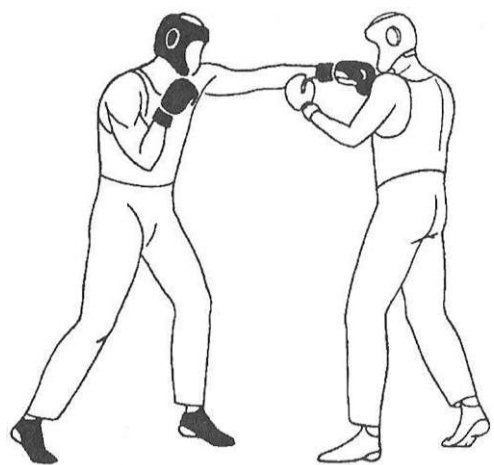


Рис. 698





. 700

) - - ;  
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( . 701), -

( . 702). -

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( . 703). -

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 ) - .

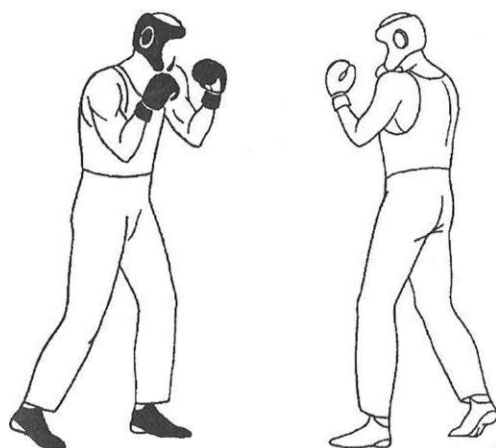


Рис. 701

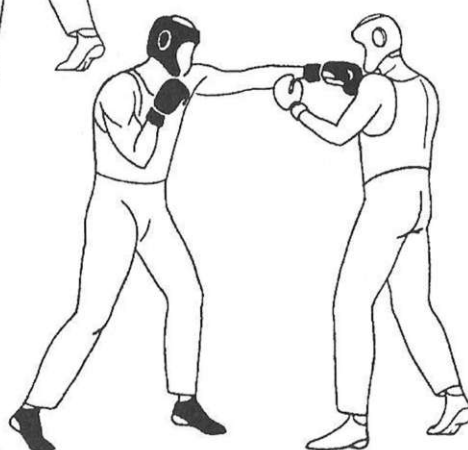
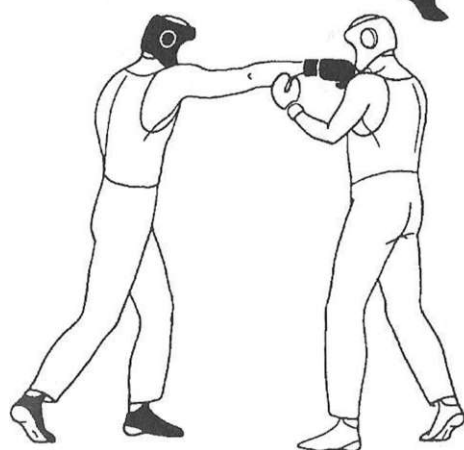


Рис. 702

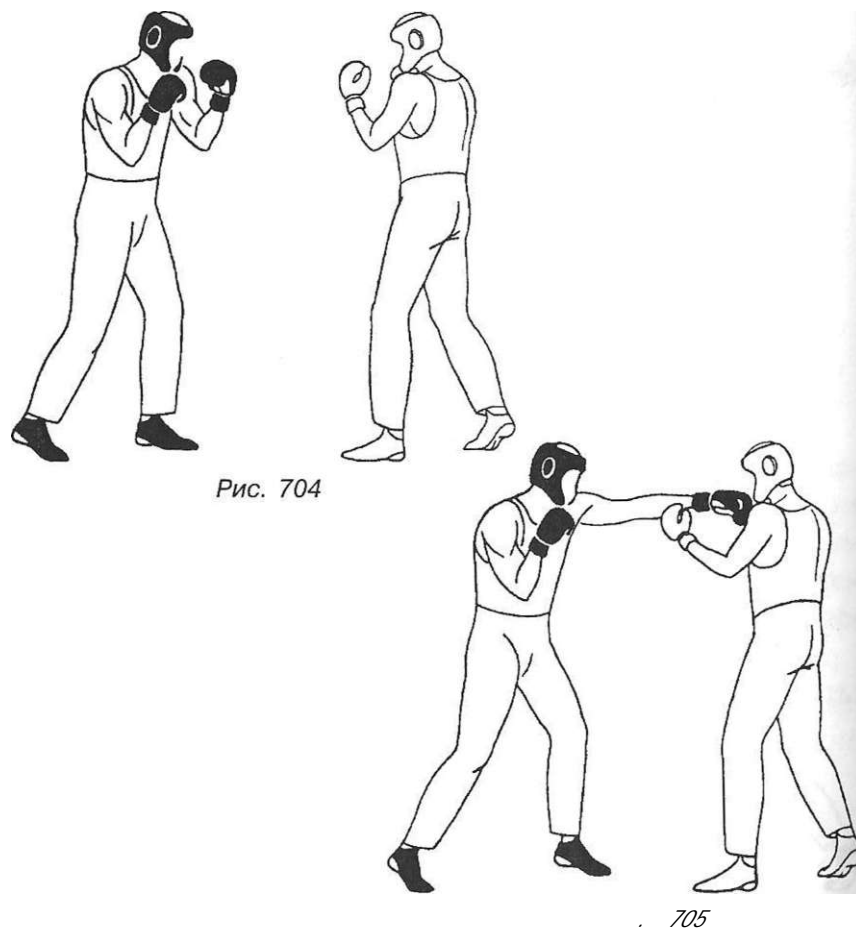


703

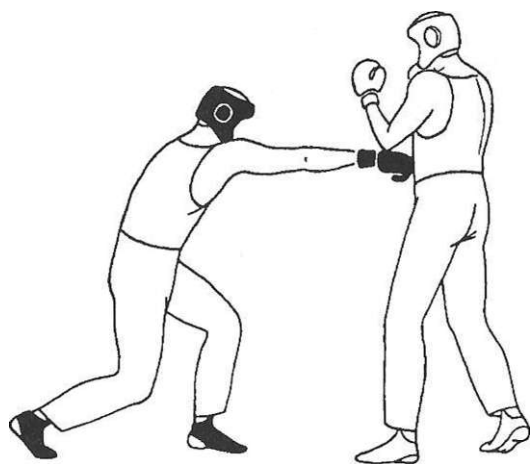
( . 704), -

( . 705). -

( . 706). -







. 706

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 ( . 707), -  
 ( . 708). -  
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 ( . 709).  
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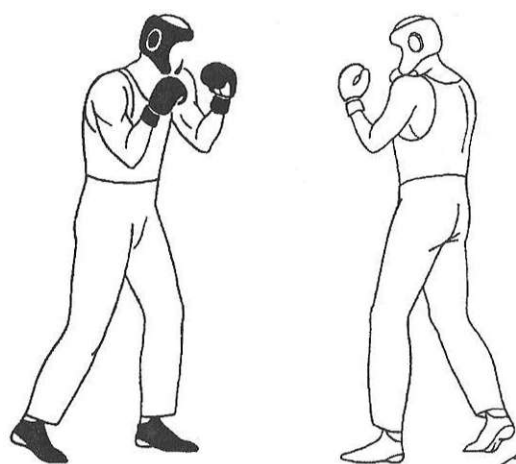


Рис. 707

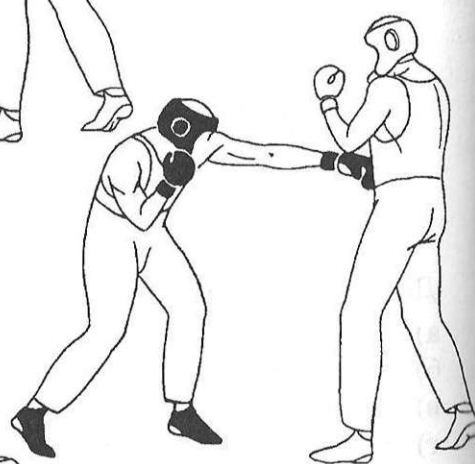
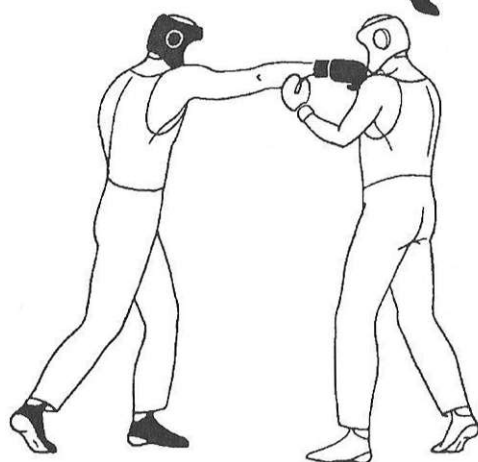


Рис. 708



709

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( . 710), -

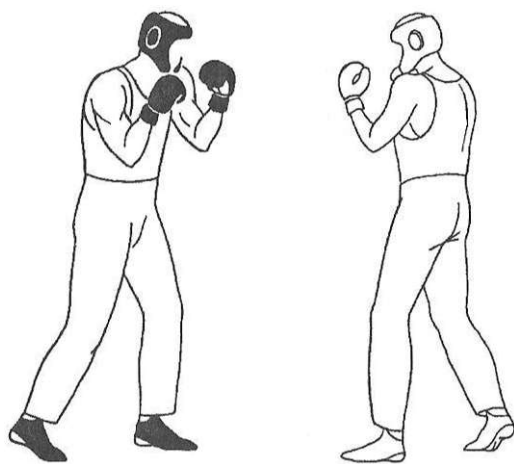
( . 711). -

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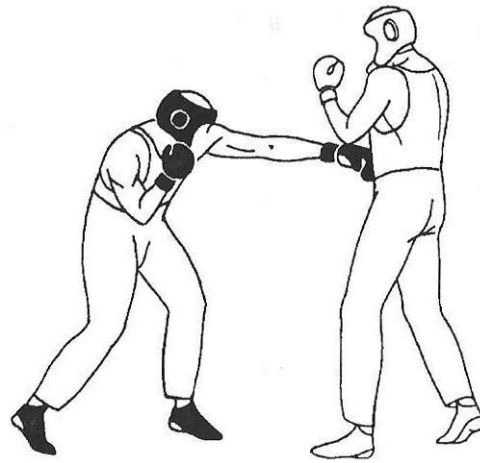
( . 712).

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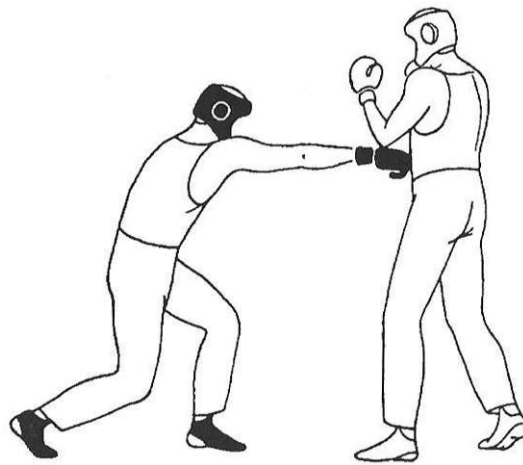
) ;  
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 ) - ;  
 ) - .



. 710



. 711



. 712

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( . 713), -

( . 714). -

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( . 715). -

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) - ;  
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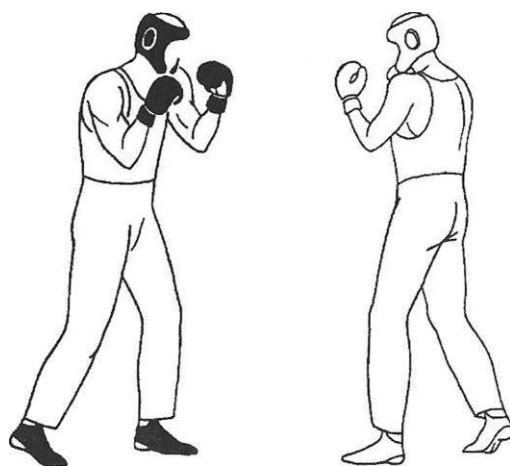
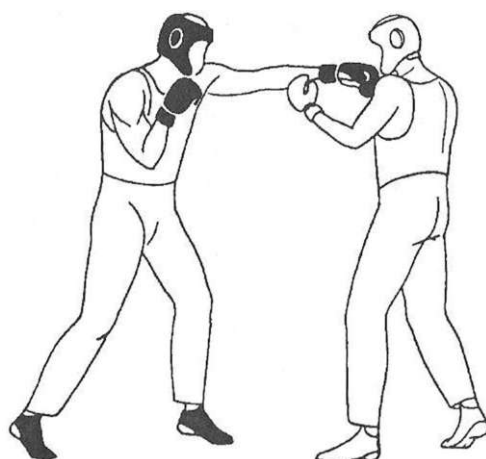
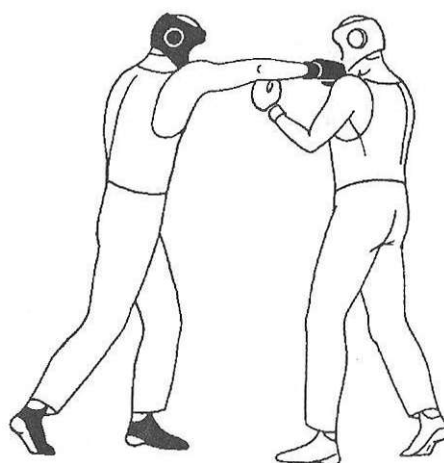


Рис. 713



. 714



. 715

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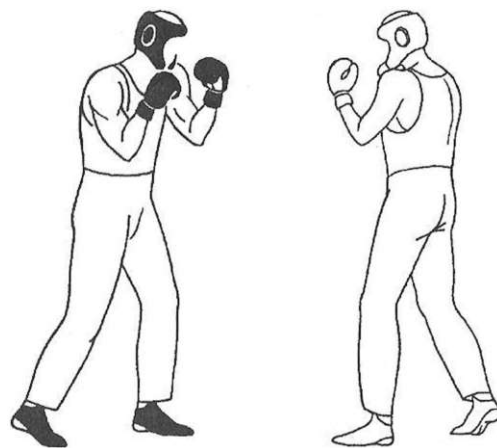
( . 716), -

( . 717). -

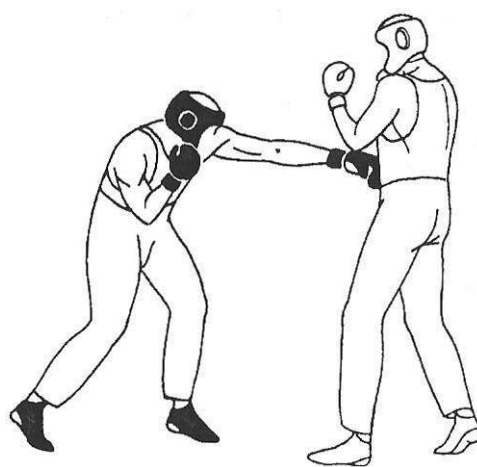
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( . 718). :

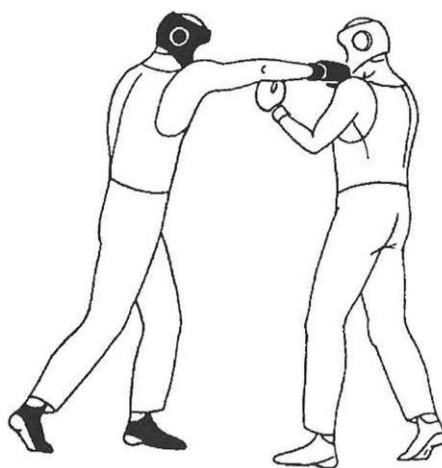
) ;  
) ;  
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) - ;  
) - ;  
) - .



. 716



. 717



. 718



( . 719).

( . 720) ,  
( . 721),  
( . 722).

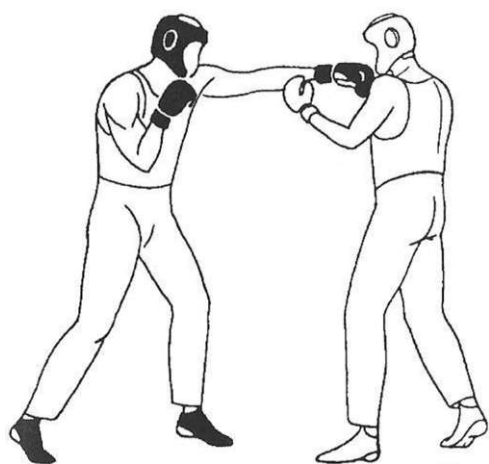
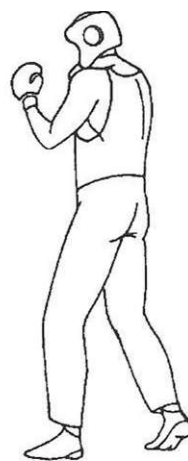


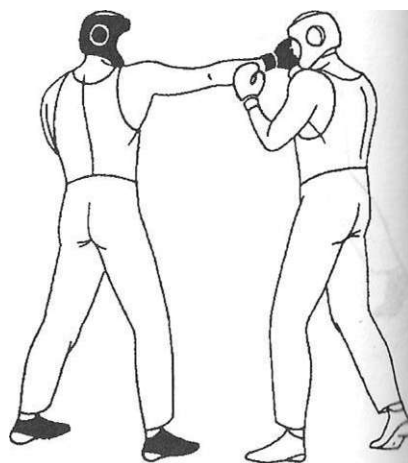
Рис. 719



. 720



. 721



. 722

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( . 724).

( . 725) ,

( . 726),

( . 727).

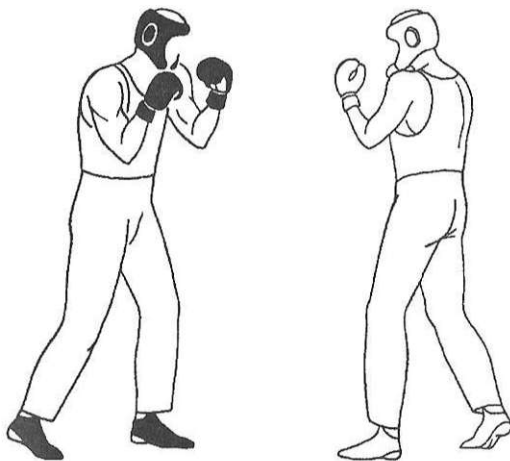
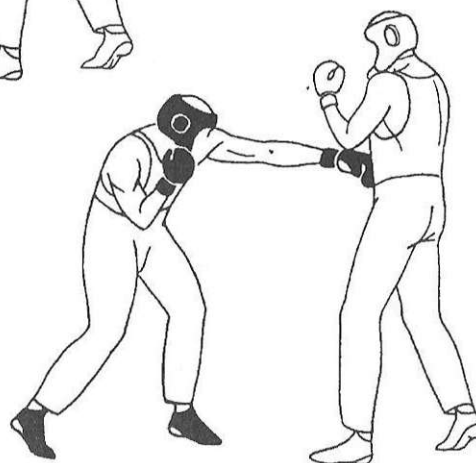
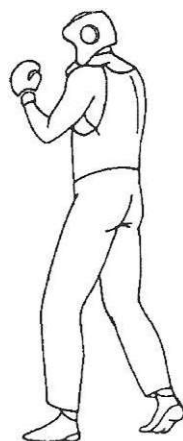


Рис. 723



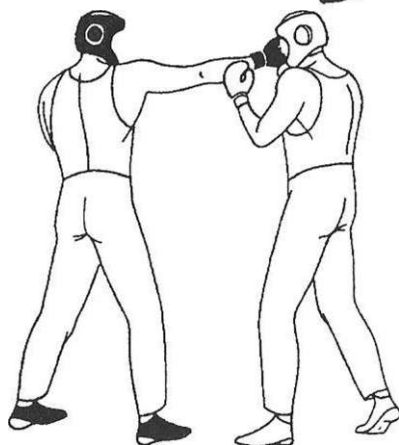
. 724



725



726



727

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( . 728), -  
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( . 729).

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( . 730).

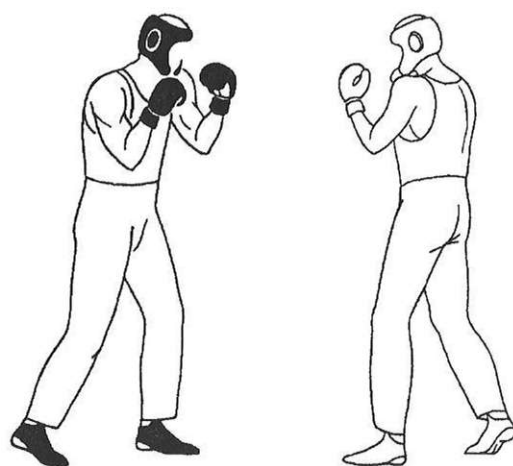
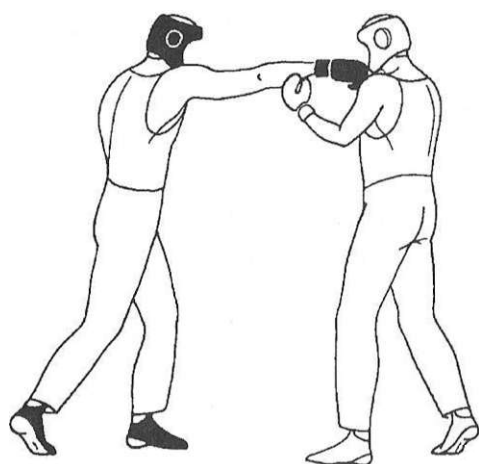
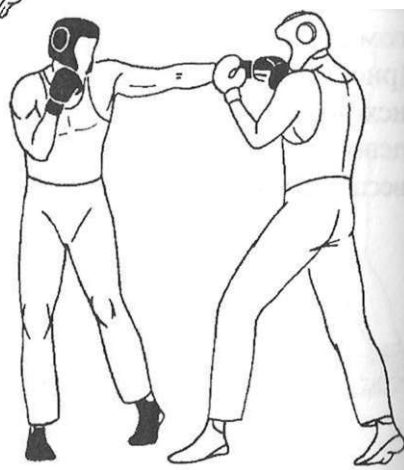


Рис. 728



. 729



. 730

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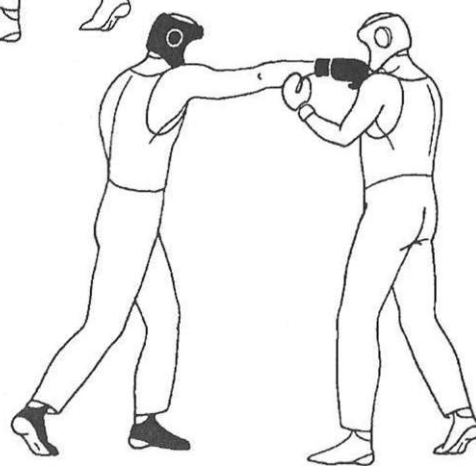
( . 732).

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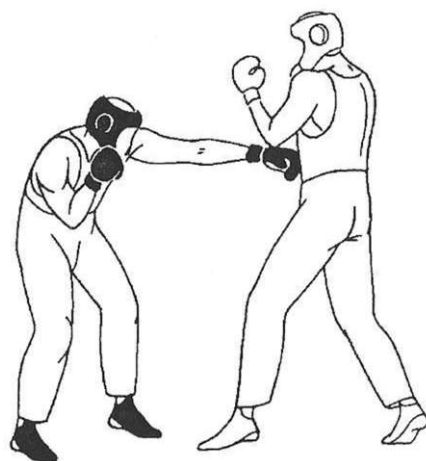
( . 733).



. 731



. 732



. 733

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( . 734), -  
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( . 735).

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( . 736).



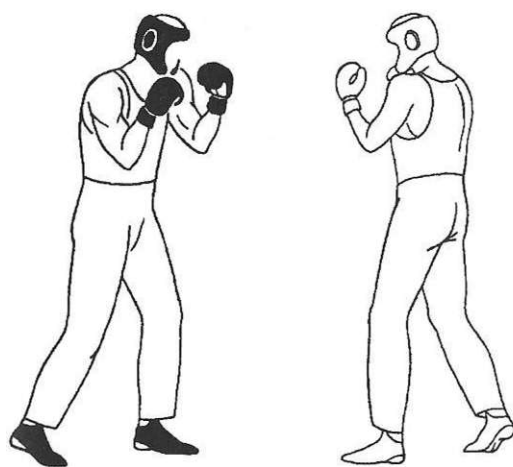


Рис. 734

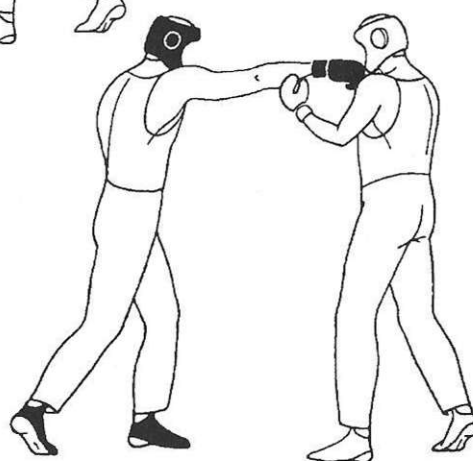


Рис. 735

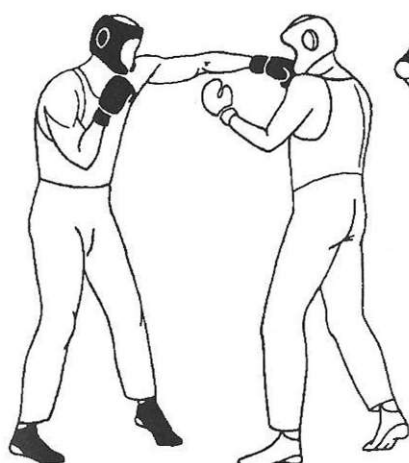
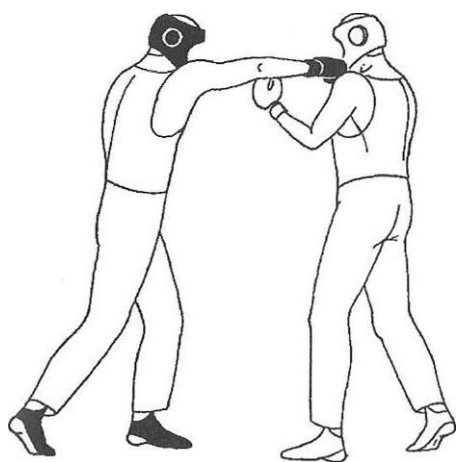
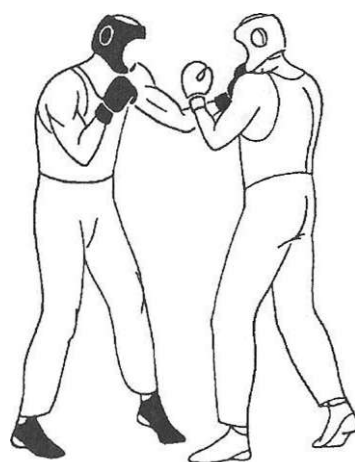


Рис. 736





. 738



. 739

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( . 741).

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( . 742).

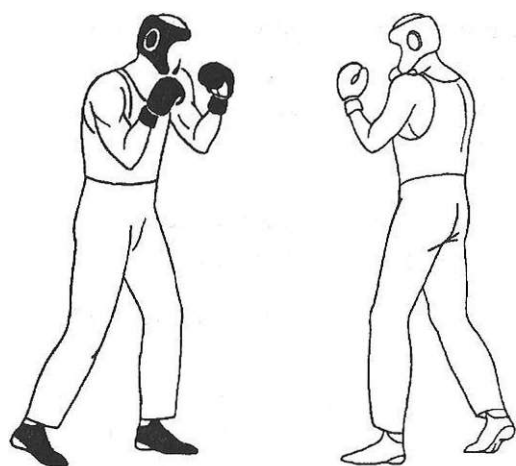


Рис. 740

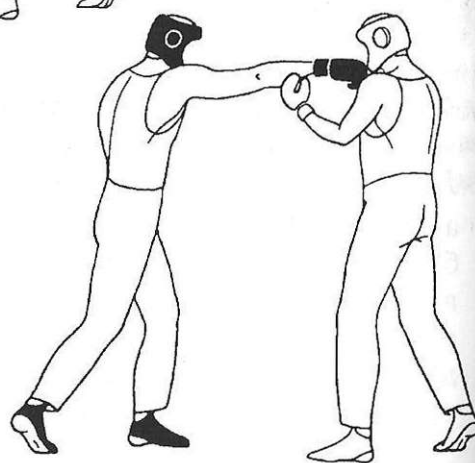
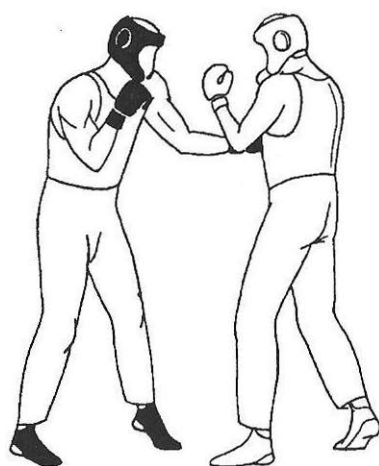


Рис. 741



742

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 ) - .

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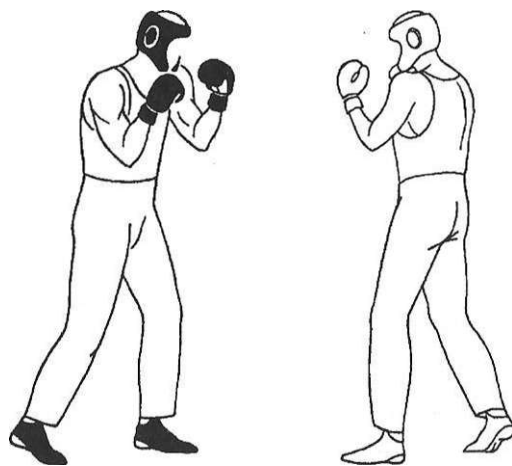
( . 743), -  
-

( . 744).

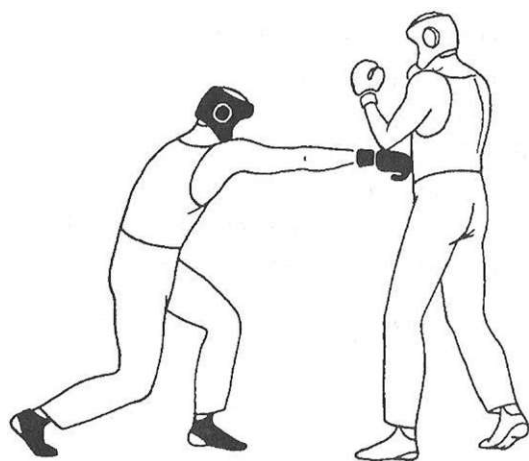
,

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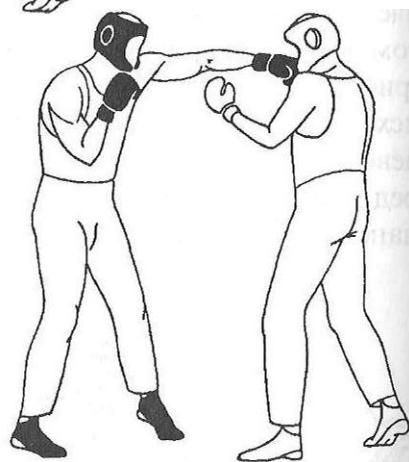
( . 745).



. 743



. 744



. 745

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( . 747). -

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( . 748). -

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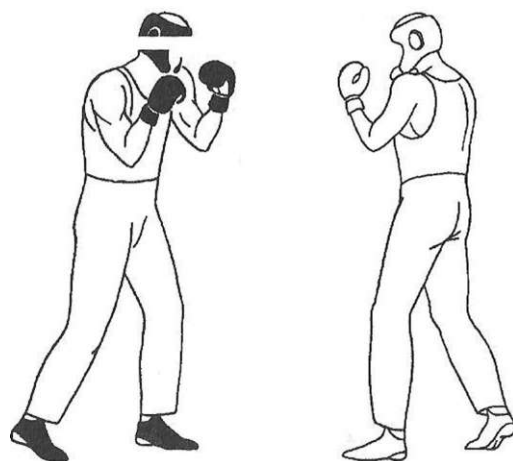
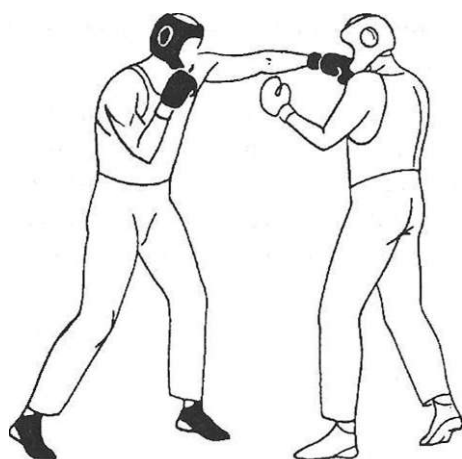
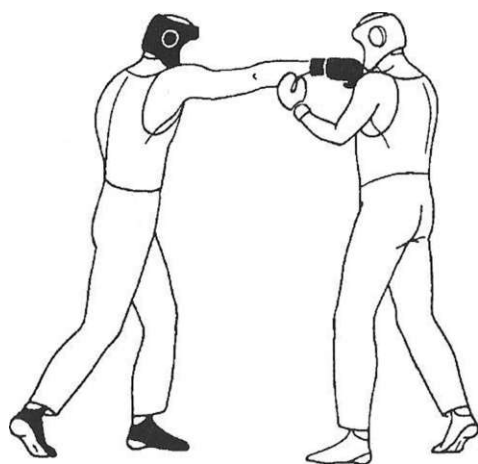


РИС. 746



. 747



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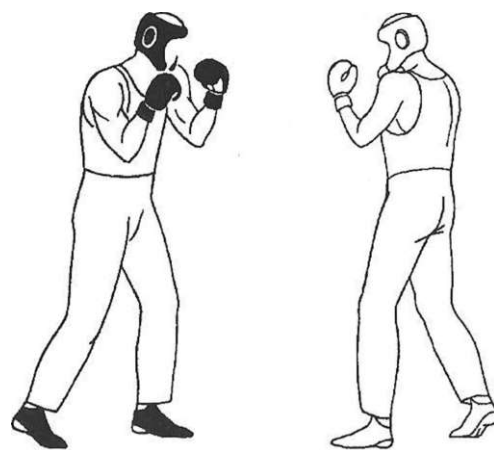
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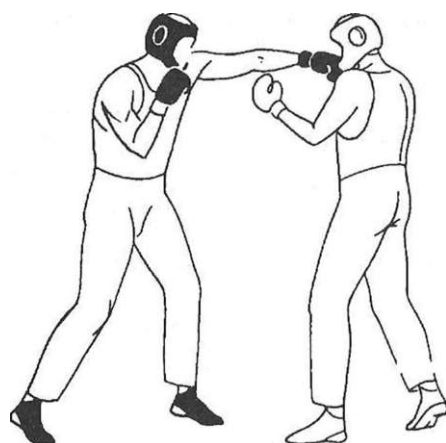
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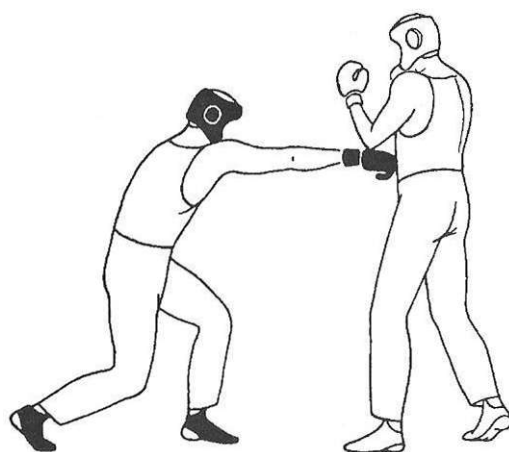
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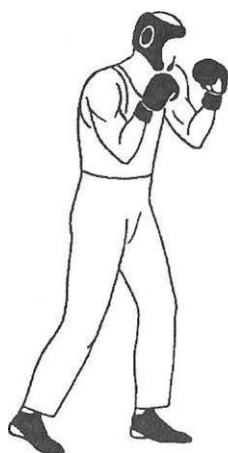
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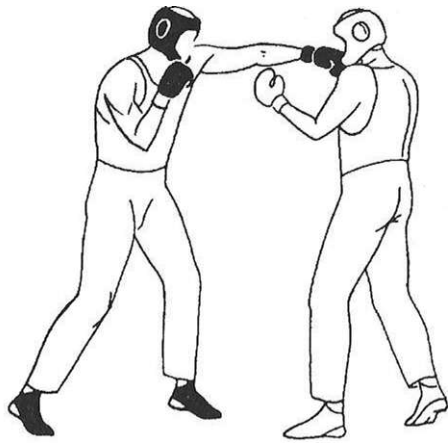
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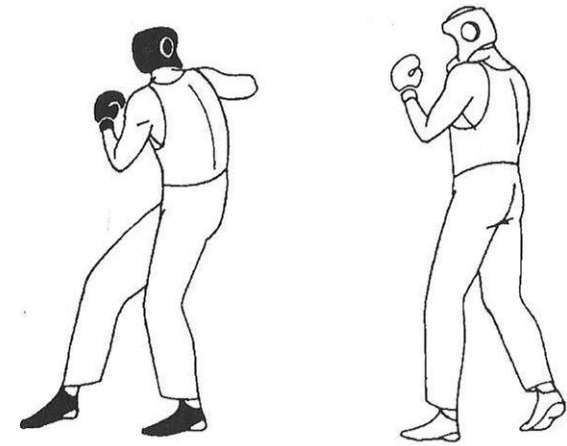
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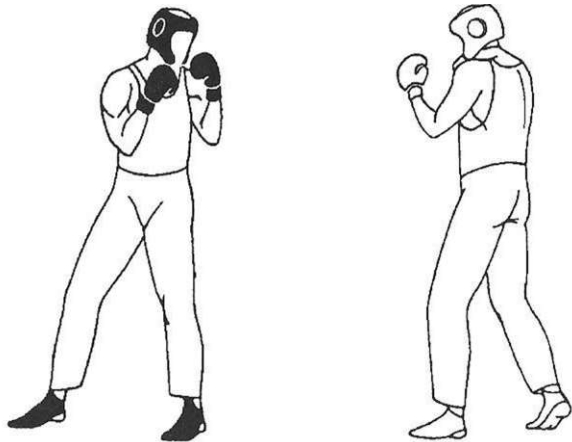
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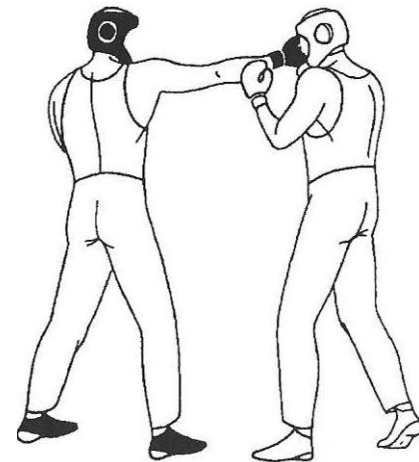
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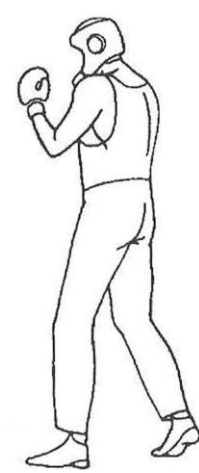
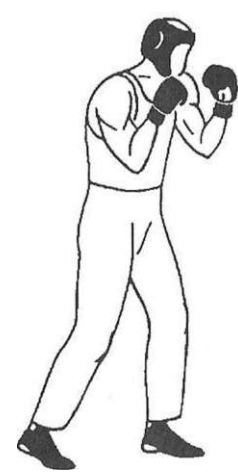
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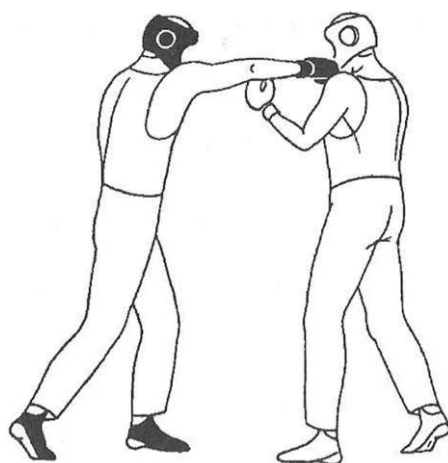
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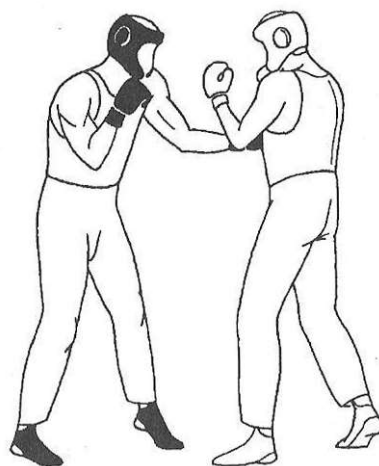
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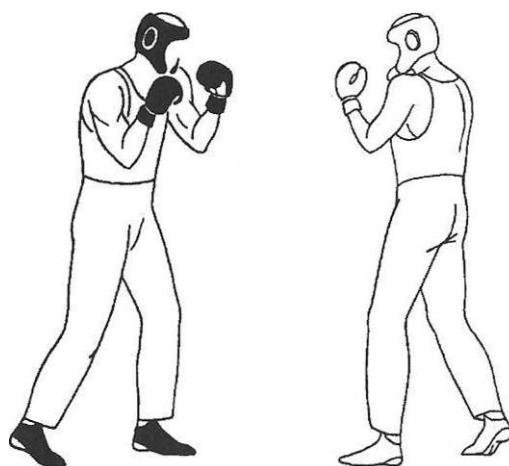
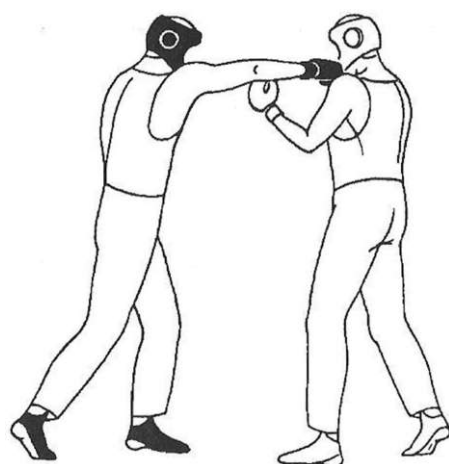
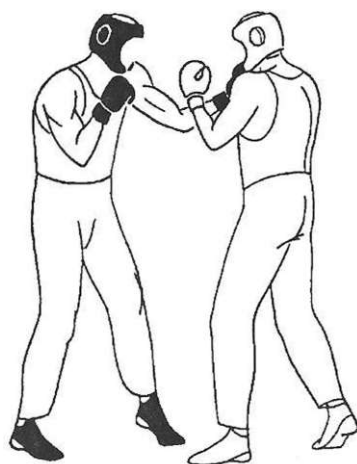


РИС. 760



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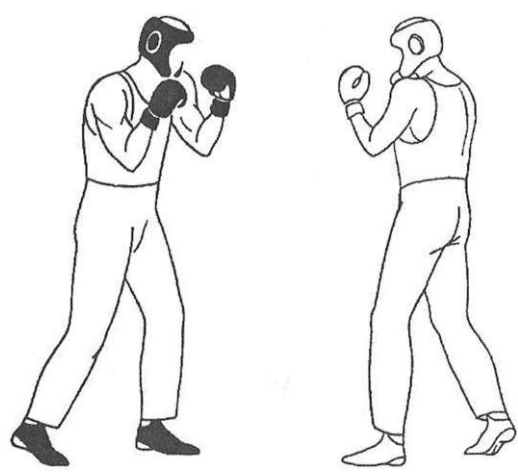
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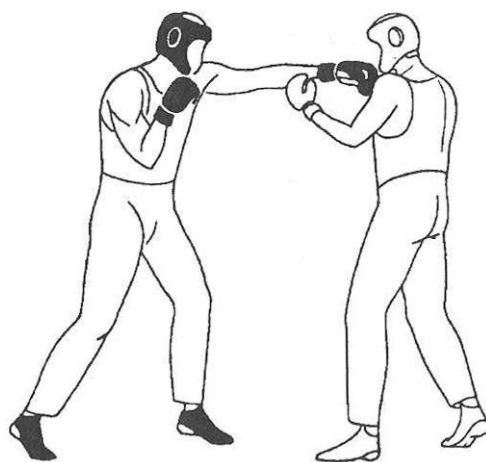
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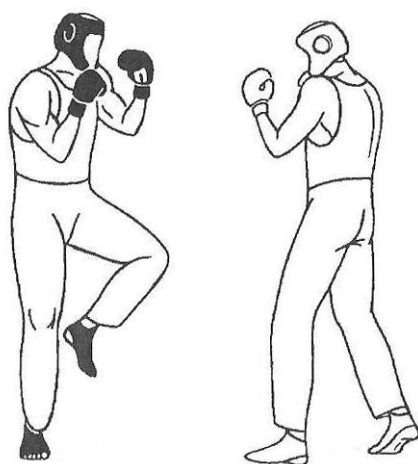
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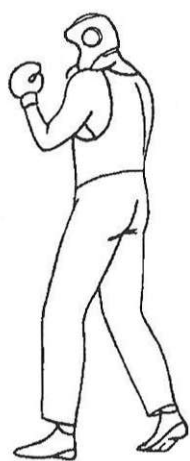
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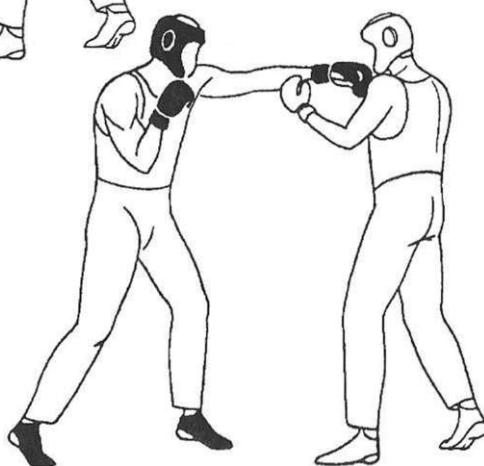
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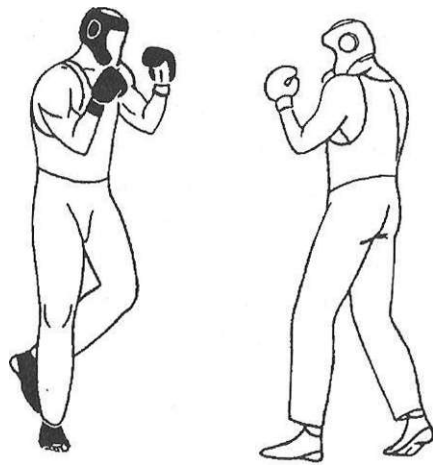
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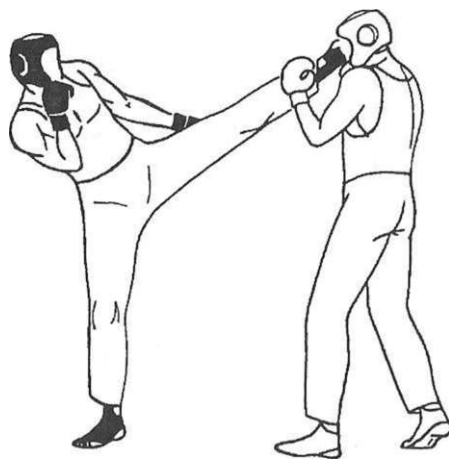
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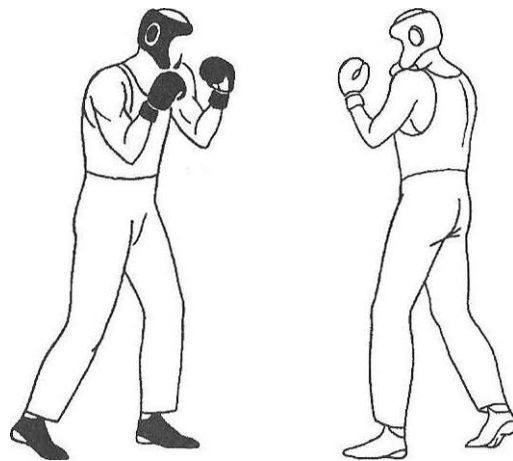


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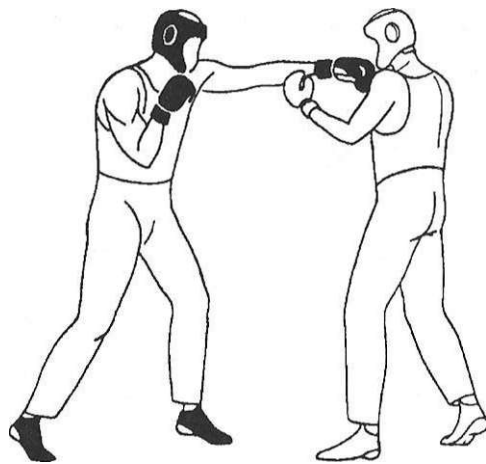


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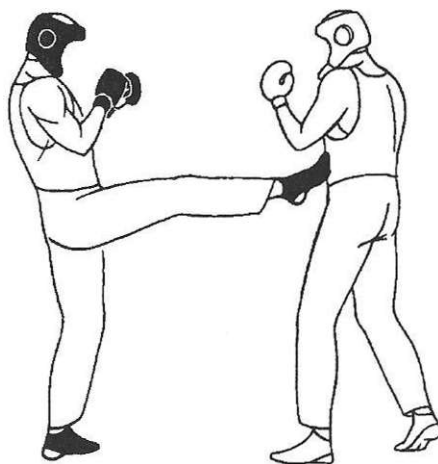
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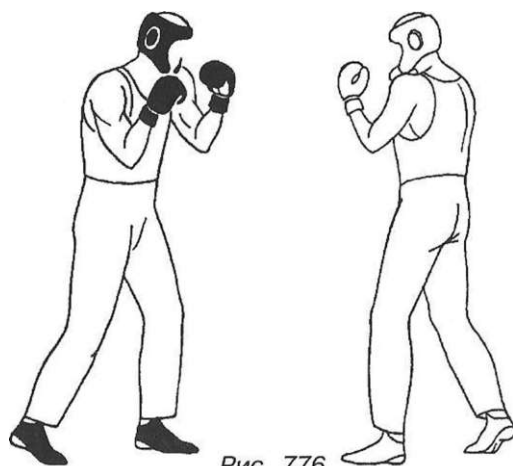
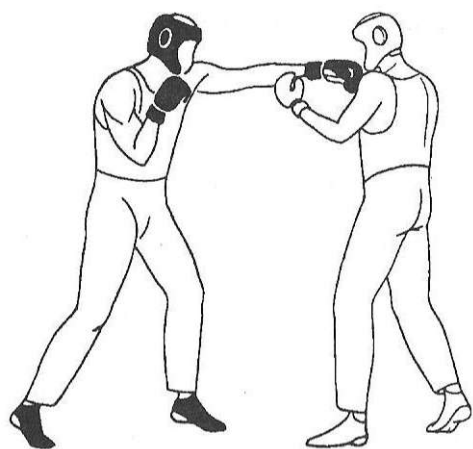
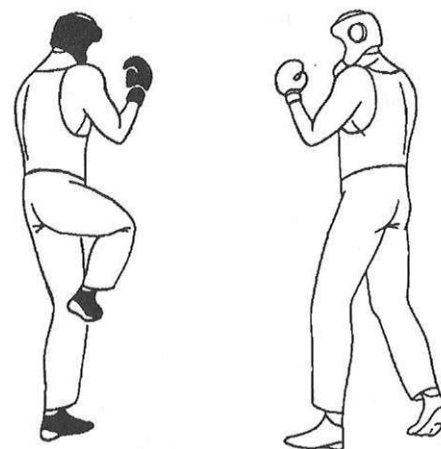


Рис. 776

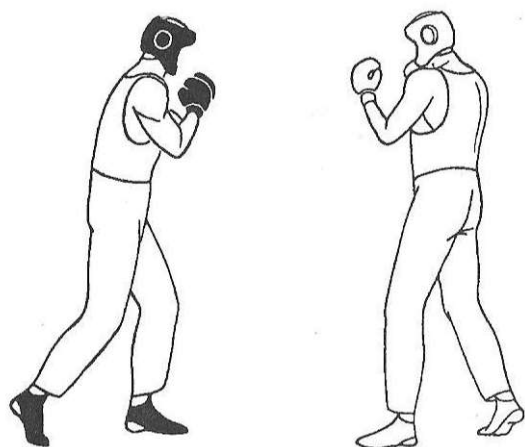




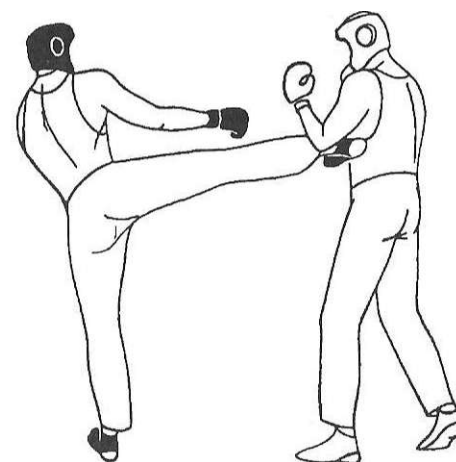
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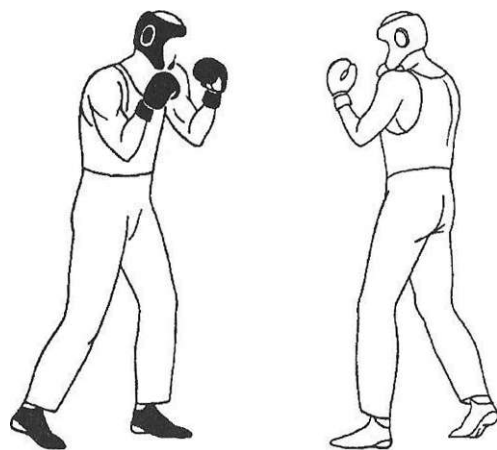
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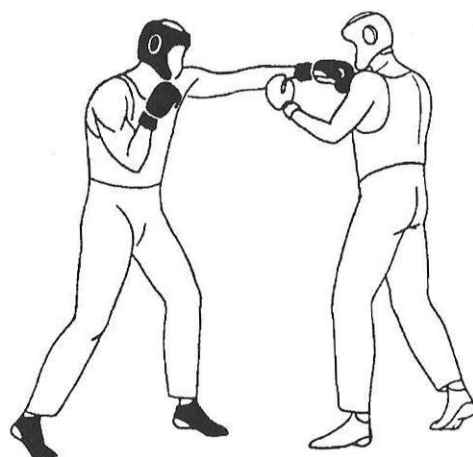
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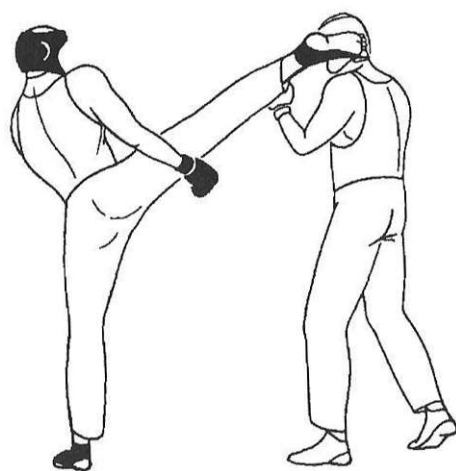
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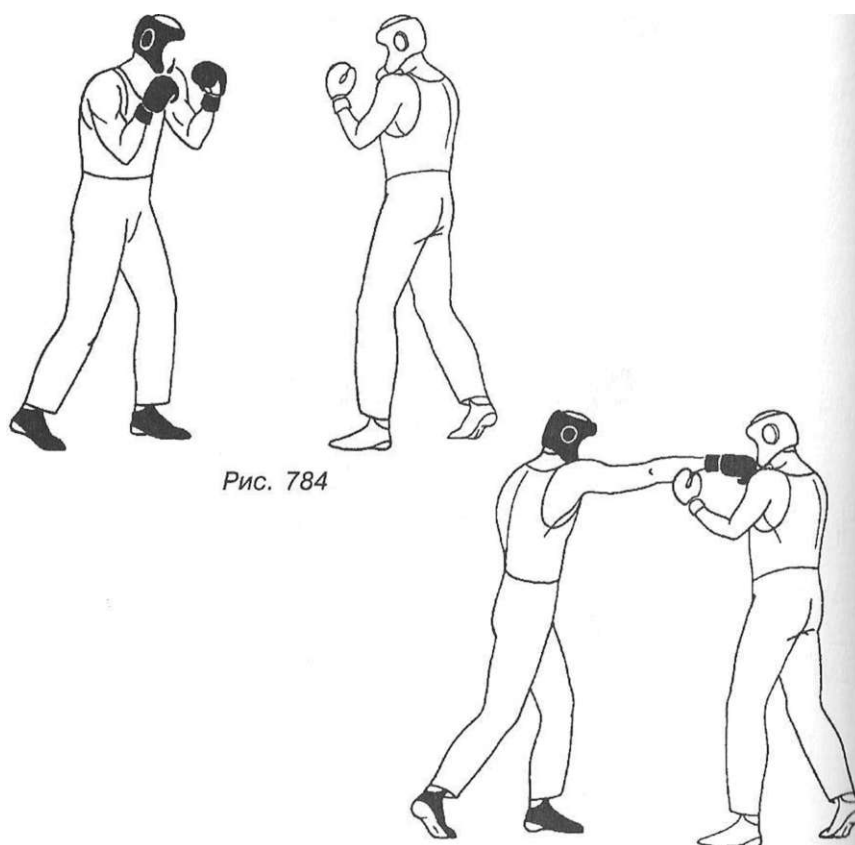


Рис. 784

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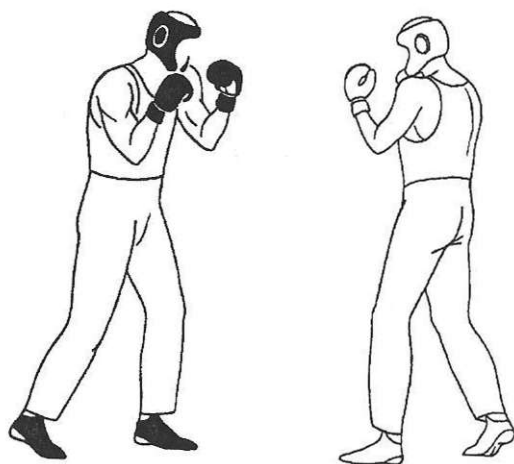


Рис. 787

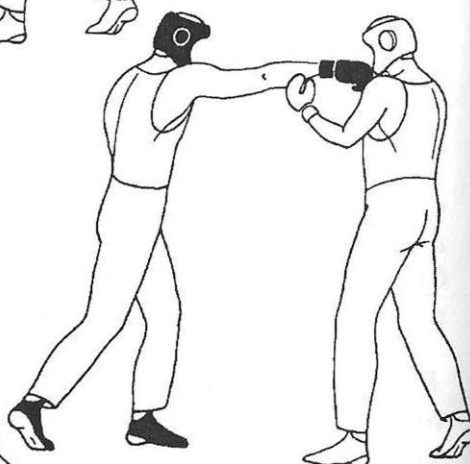


Рис. 788

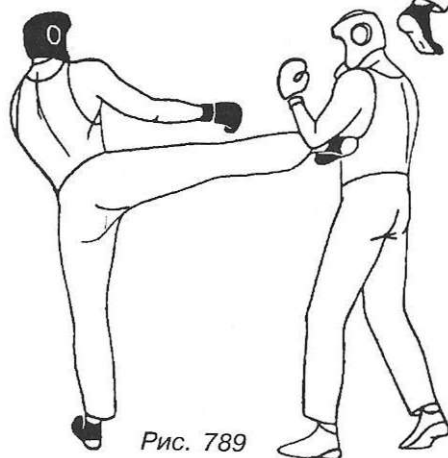


Рис. 789

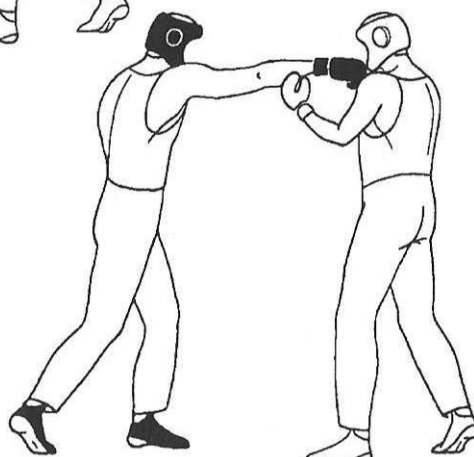
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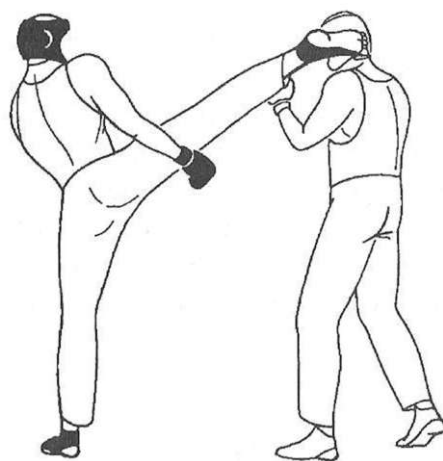
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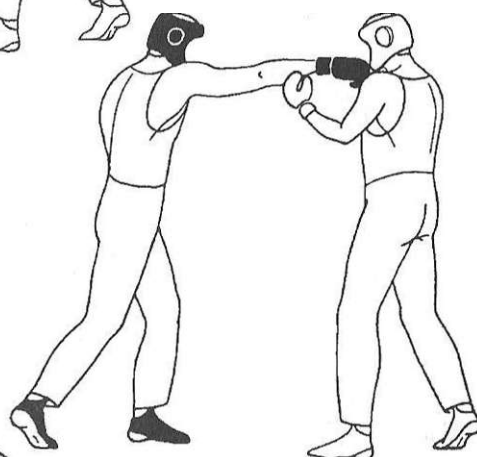
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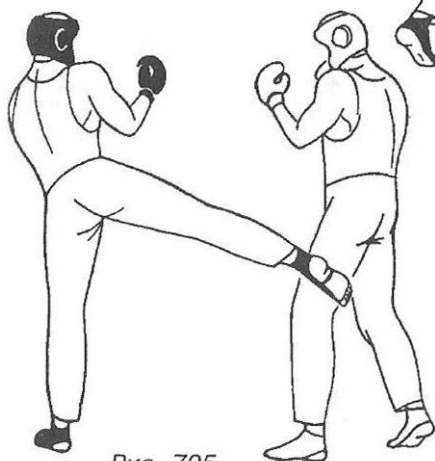


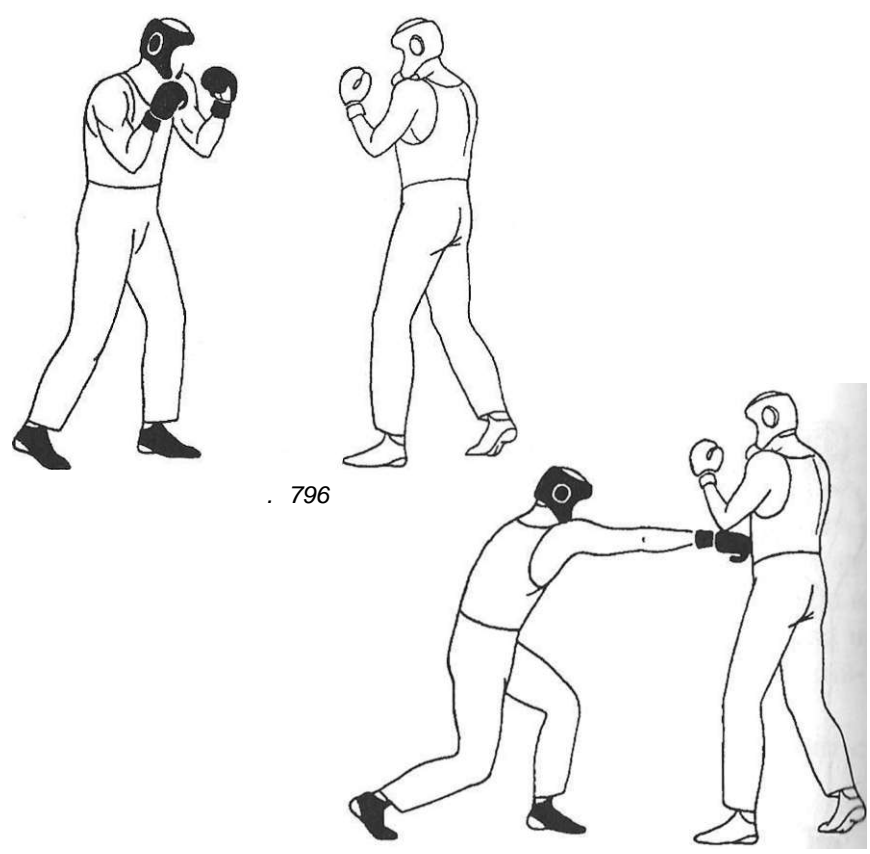
Рис. 795

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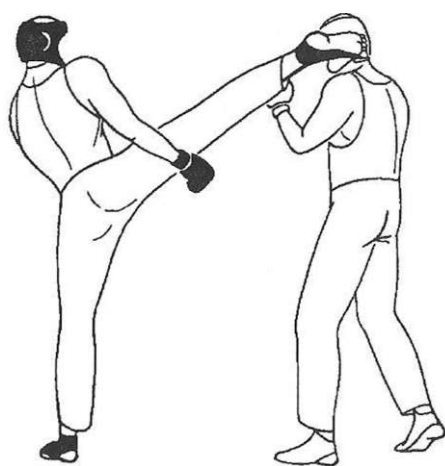
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Рис. 799

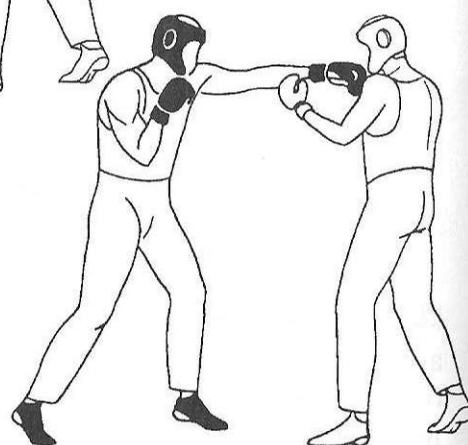
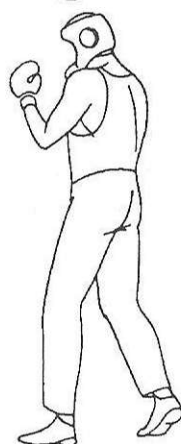


Рис. 800



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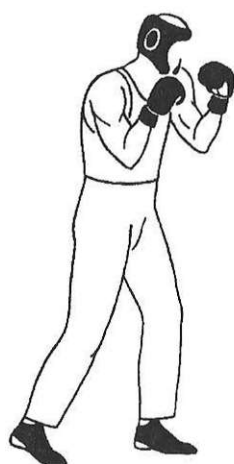


Рис. 803

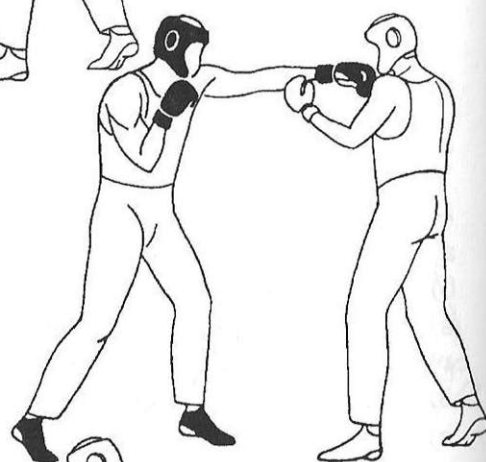


Рис. 804

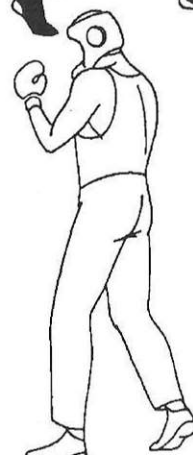
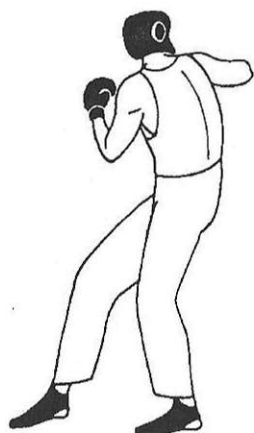


Рис. 805


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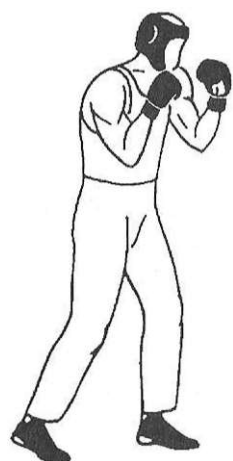


Рис. 807

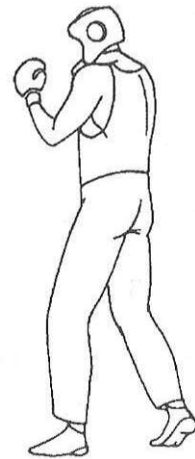


Рис. 808



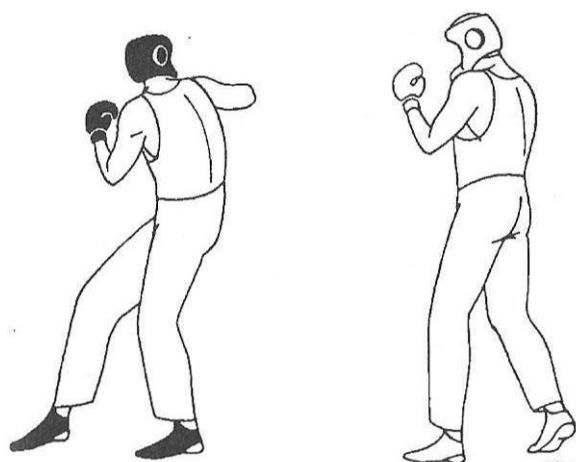


Рис. 809

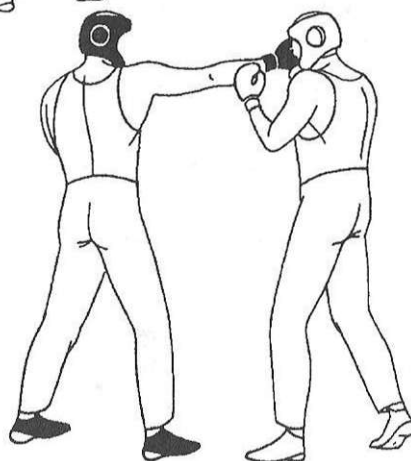


Рис. 810

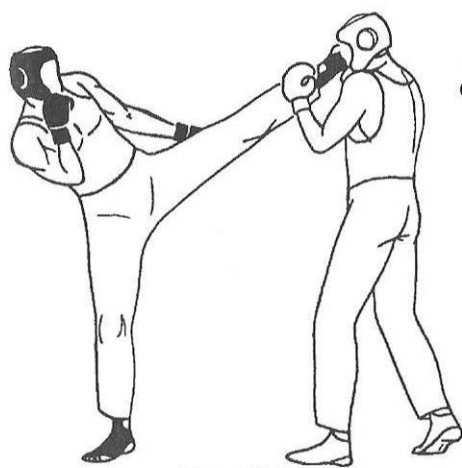


Рис. 811

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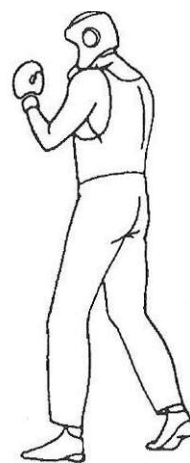
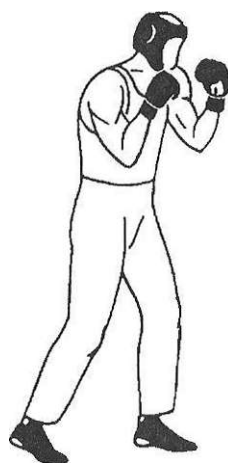
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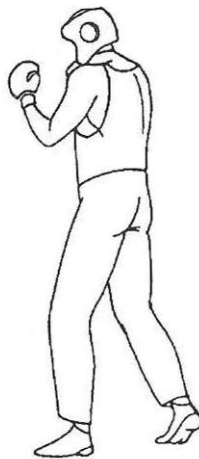
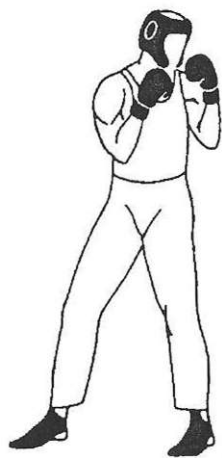
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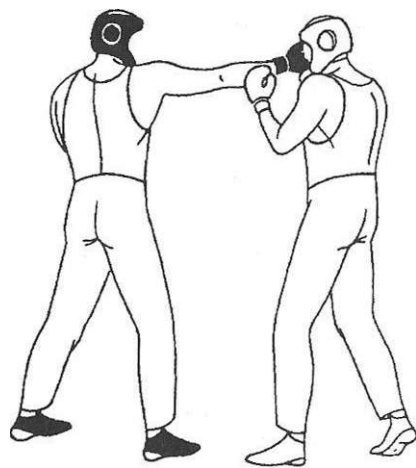
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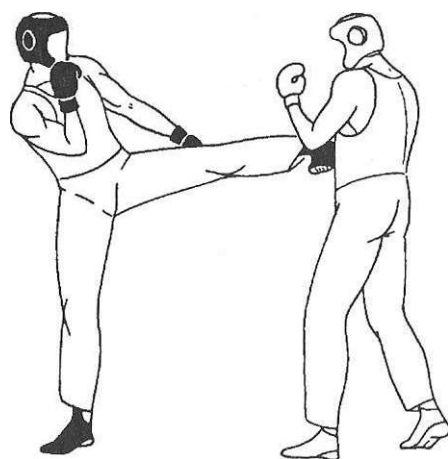
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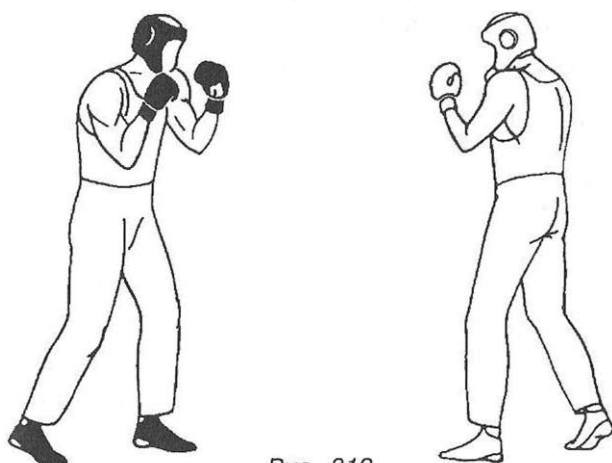


Рис. 818

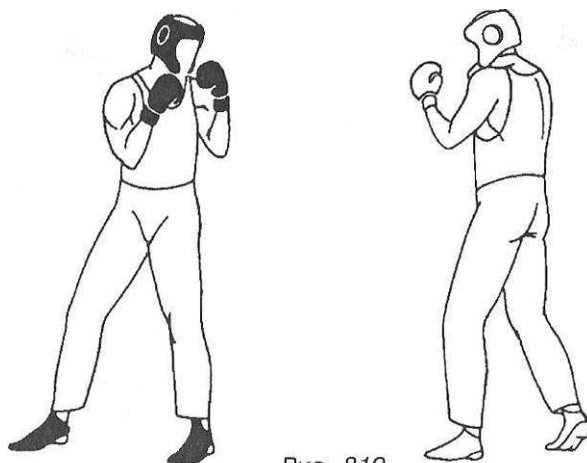


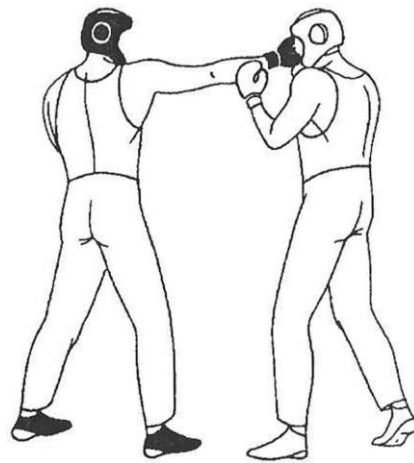
Рис. 819

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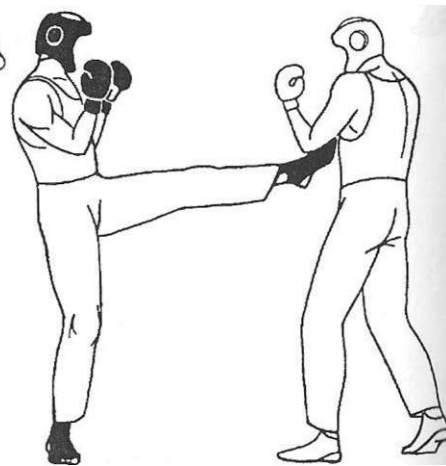
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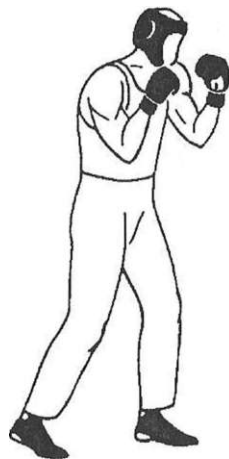
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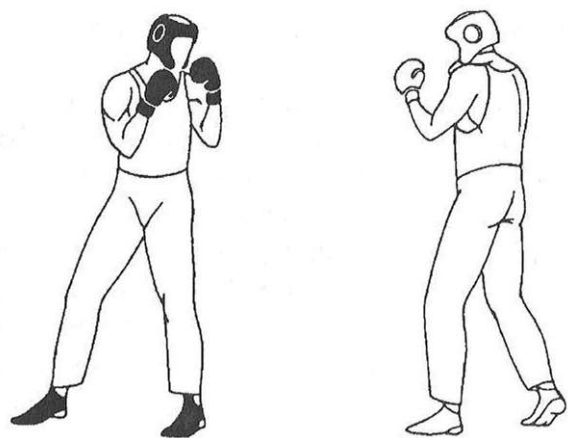
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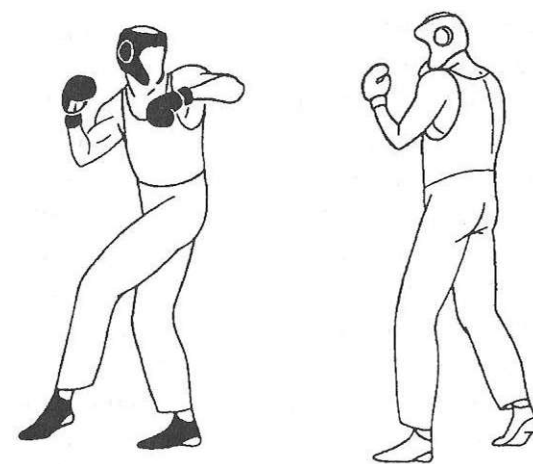
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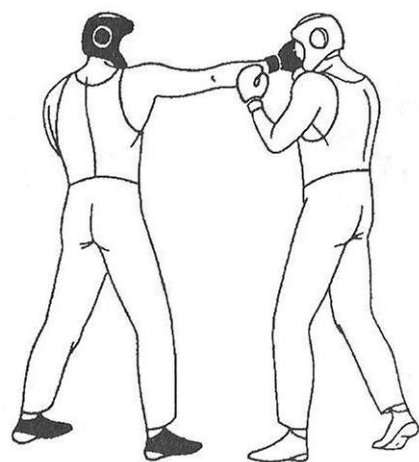
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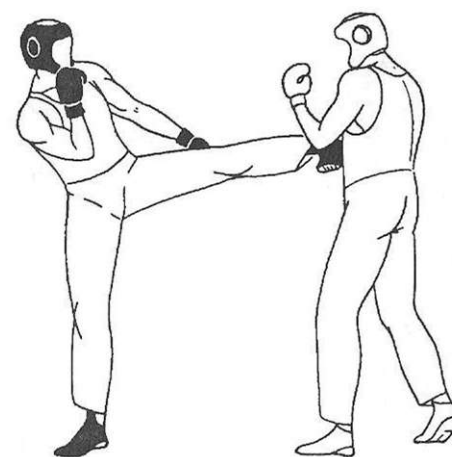
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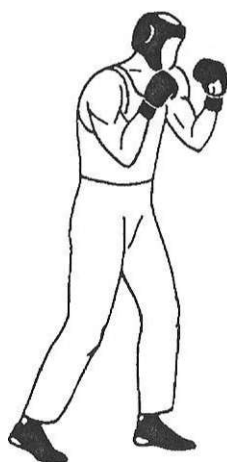
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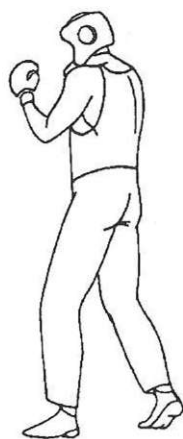


Рис. 828

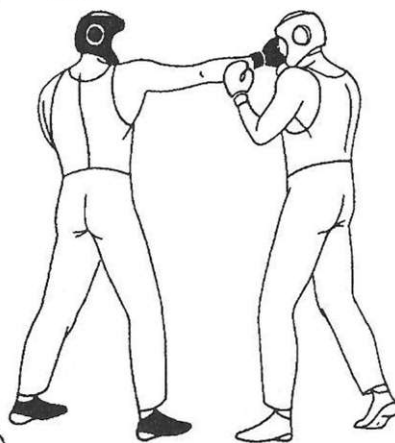
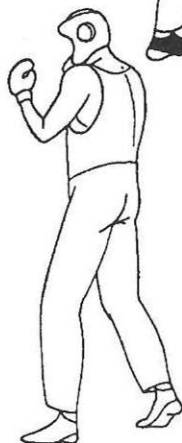
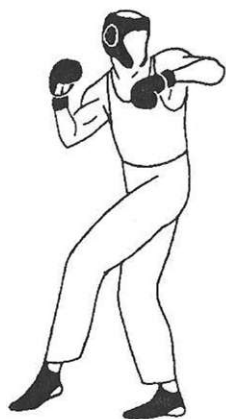
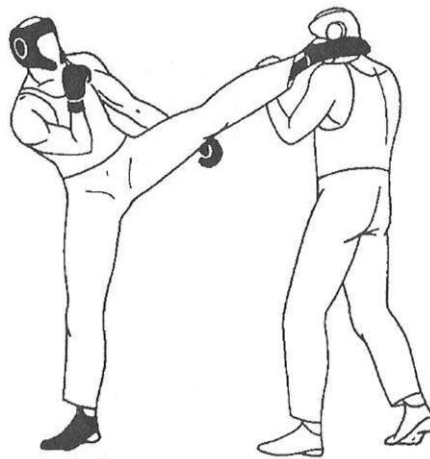


Рис. 829



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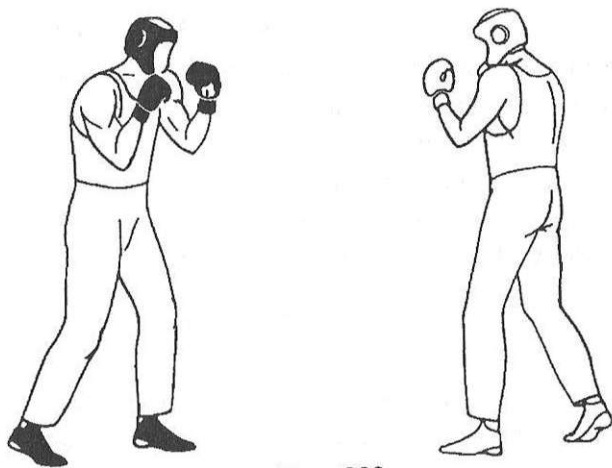


Рис. 832

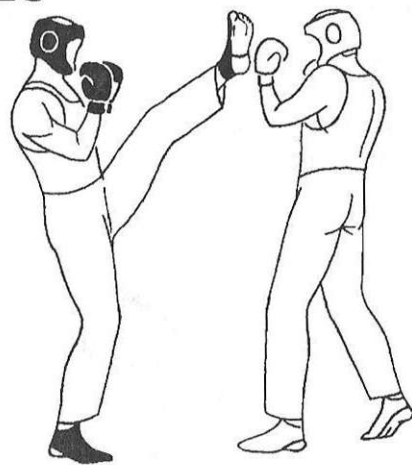
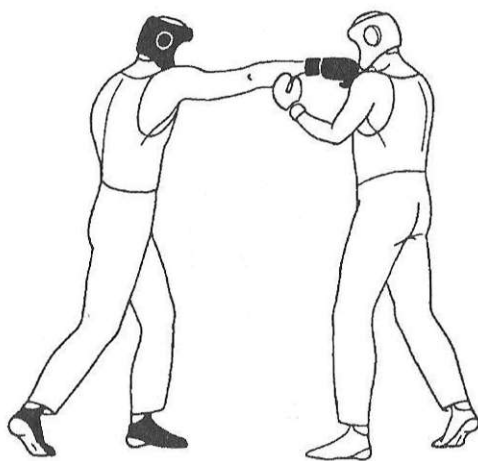


Рис. 833



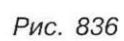
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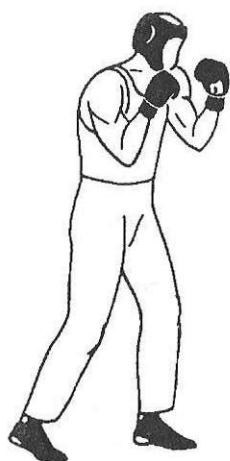


Рис. 838

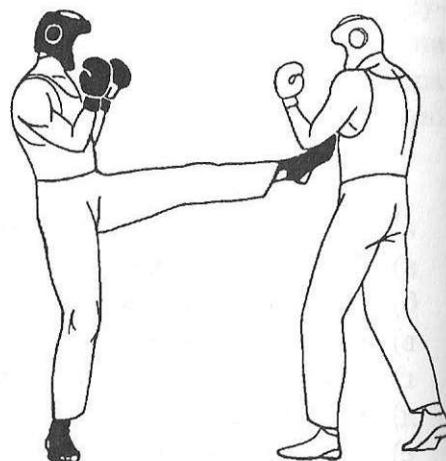
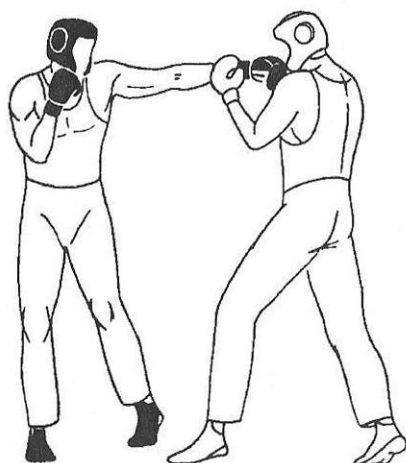


Рис. 839



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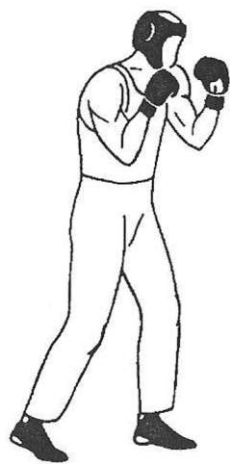
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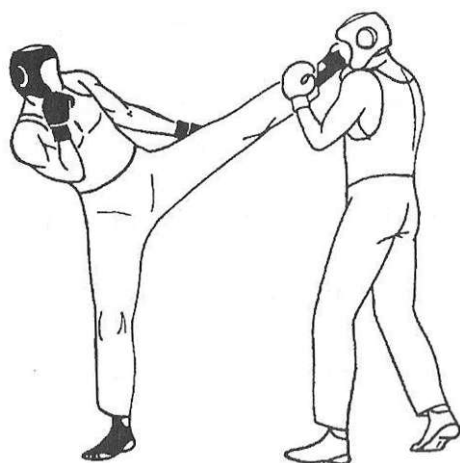
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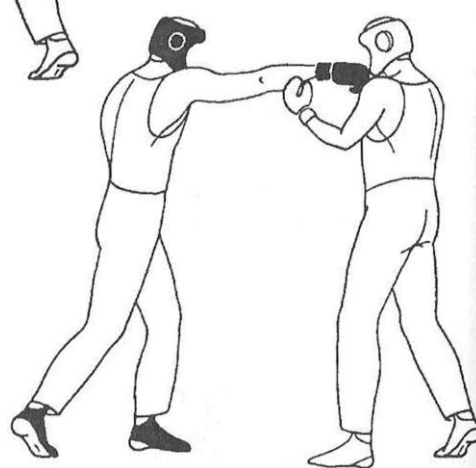
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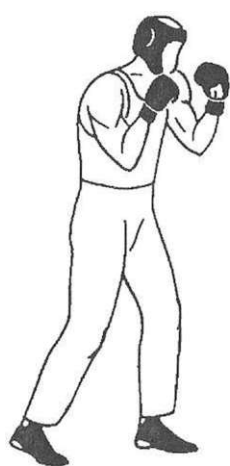
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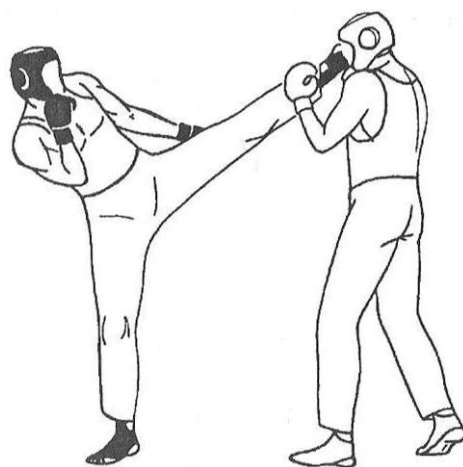
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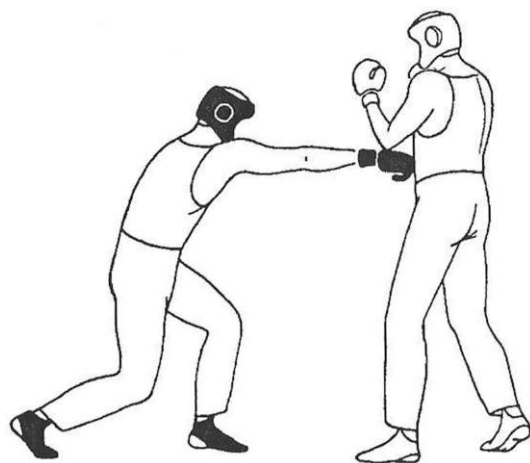
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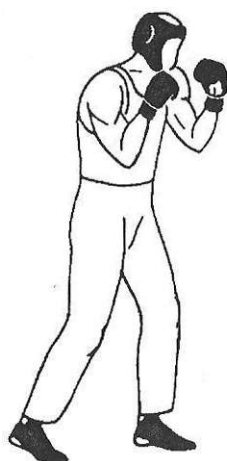


Рис. 850

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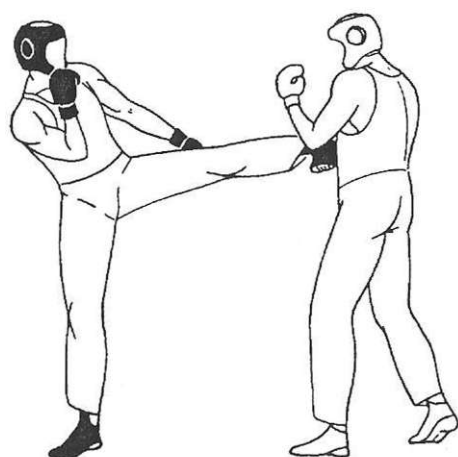
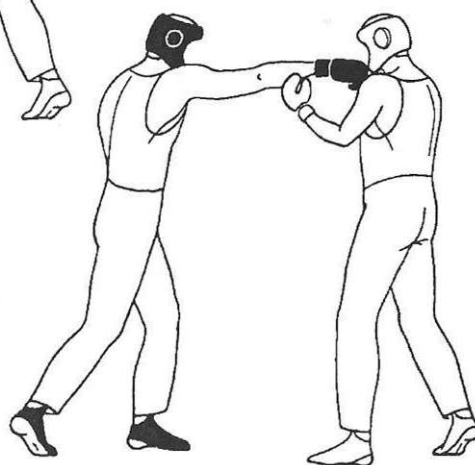


Рис. 851



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(рис. 853),  
(рис. 854).  
(рис. 855).

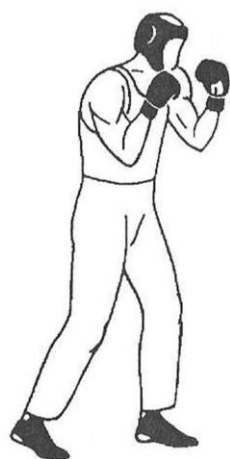
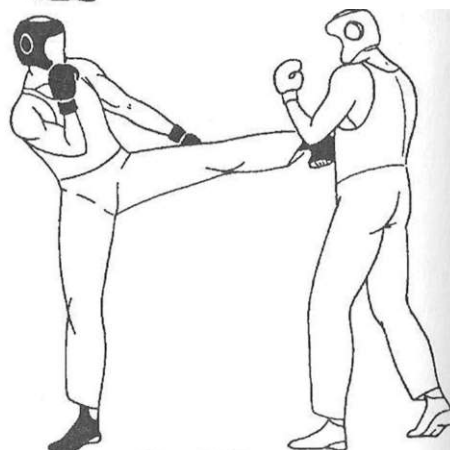


Рис. 853



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Рис. 855

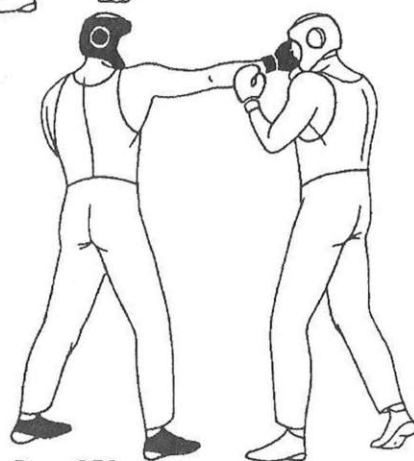


Рис. 856



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 ( . 858).  
 ( . 859).

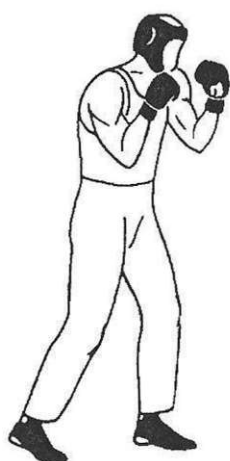
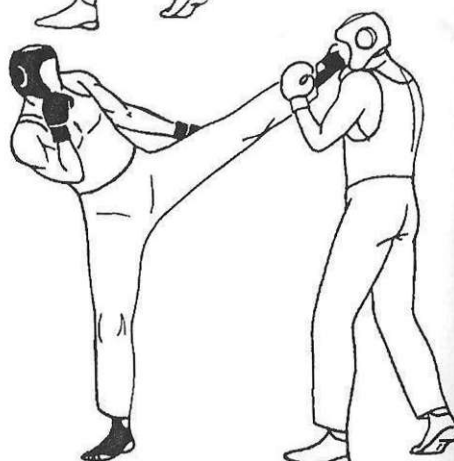


Рис. 857



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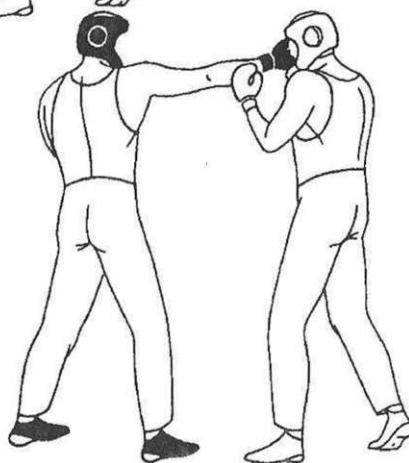
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Рис. 859



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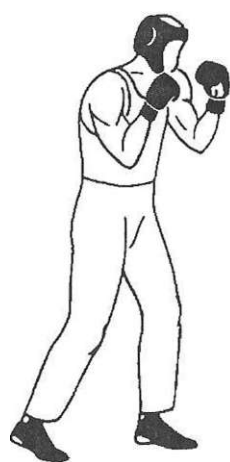
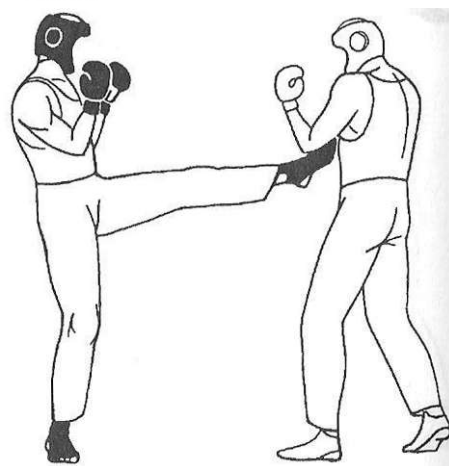


Рис. 861



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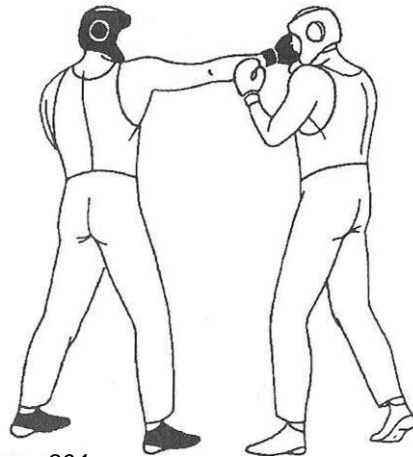
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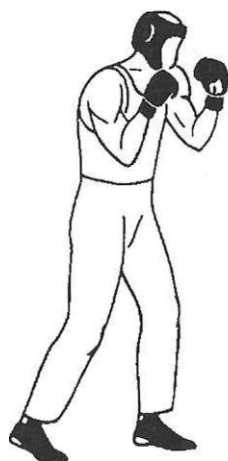
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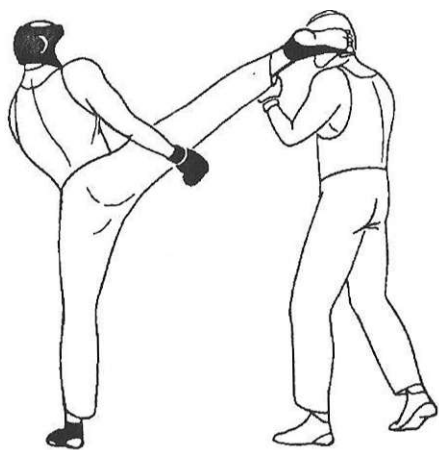
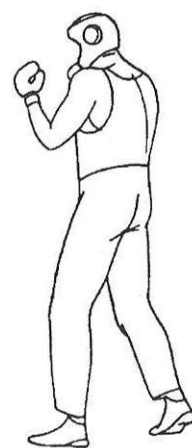
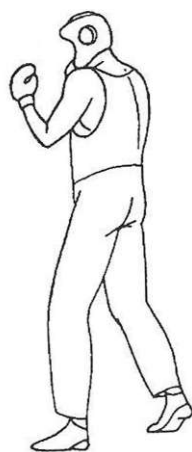


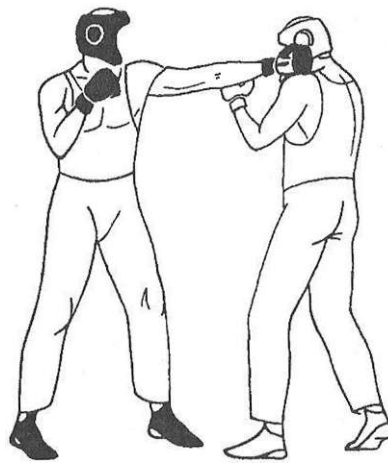
Рис. 866



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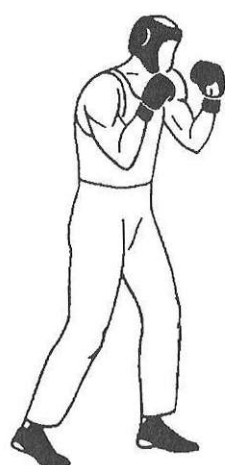


Рис. 870

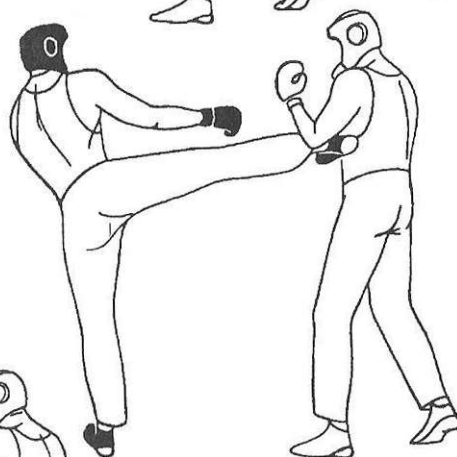


Рис. 871

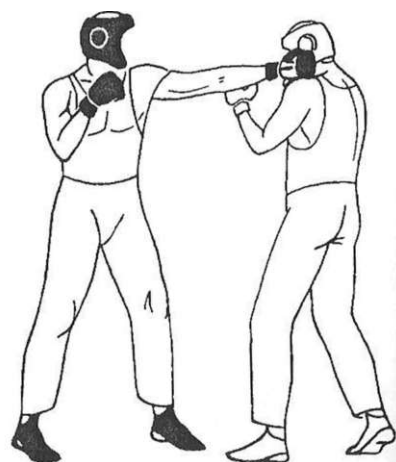


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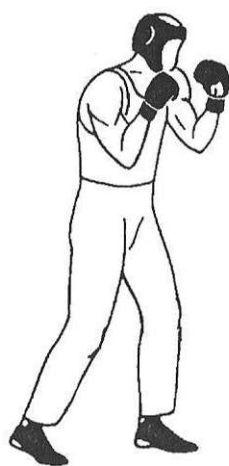
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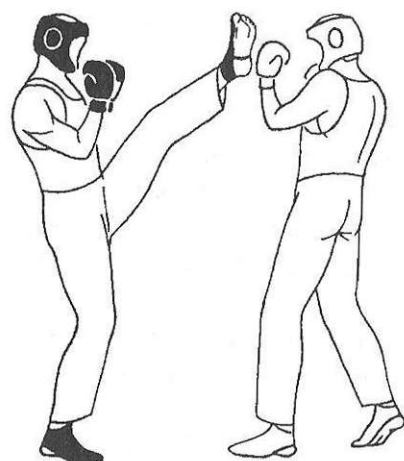
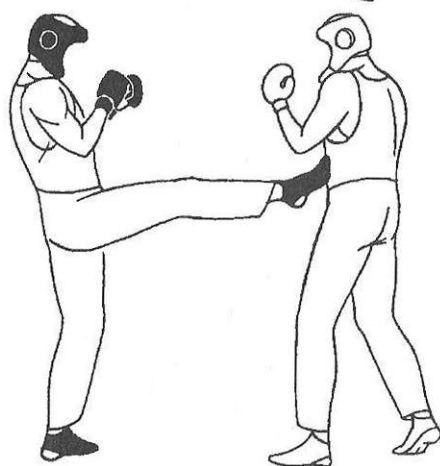


Рис. 876

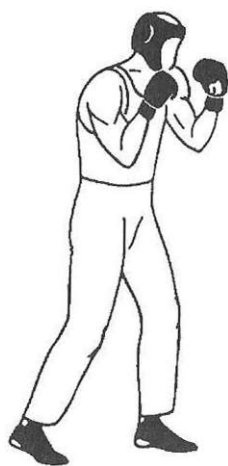


Рис. 877



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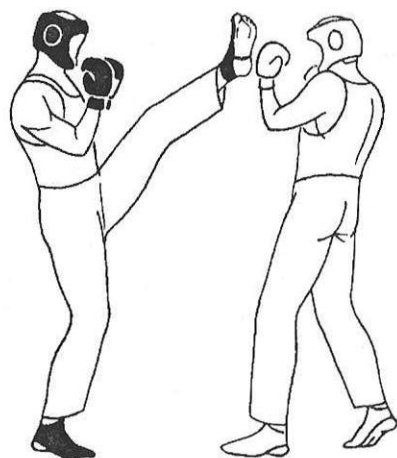


Рис. 880

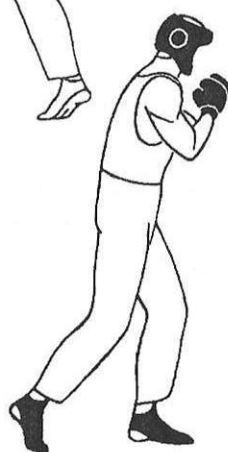
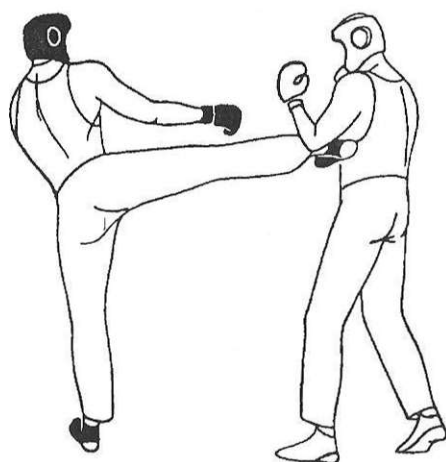
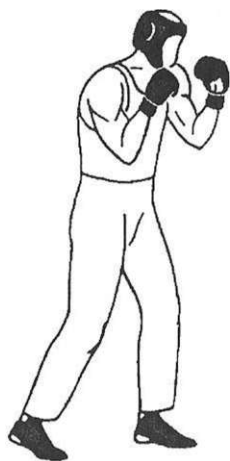


Рис. 881



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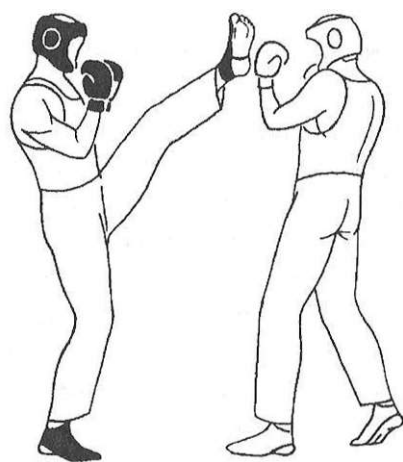
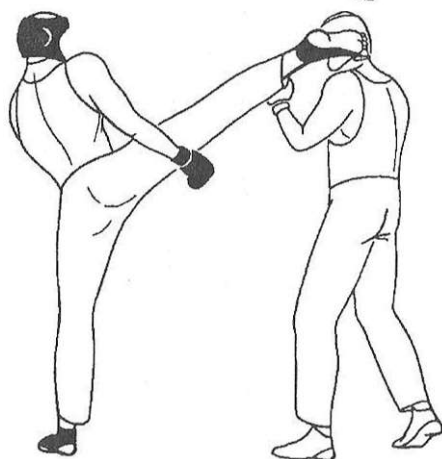


Рис. 884



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 ( . 888). , ( . 889)  
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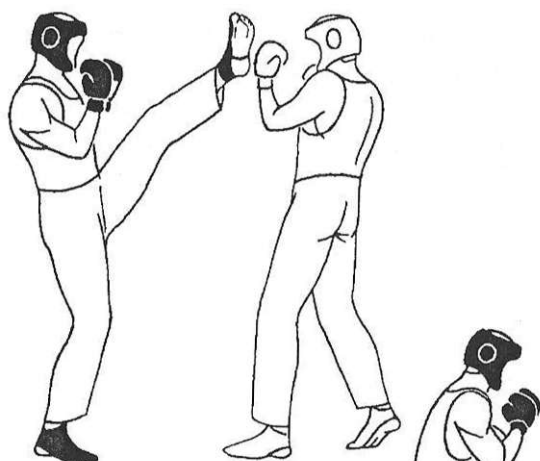
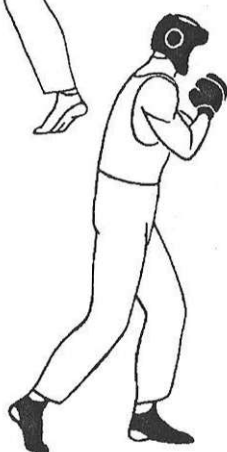
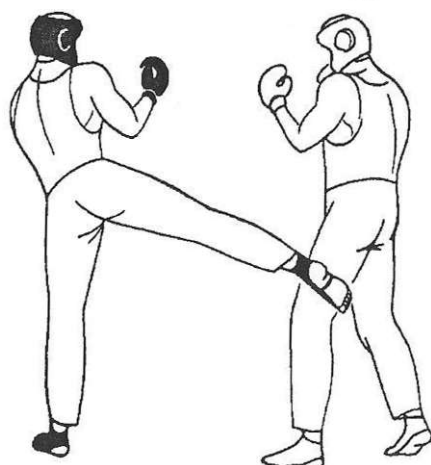


Рис. 888

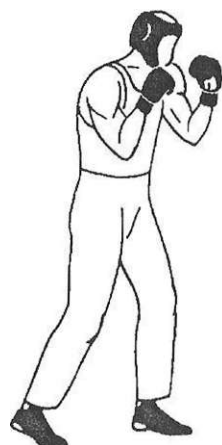


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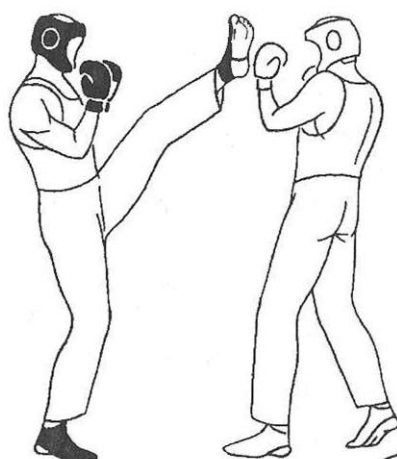


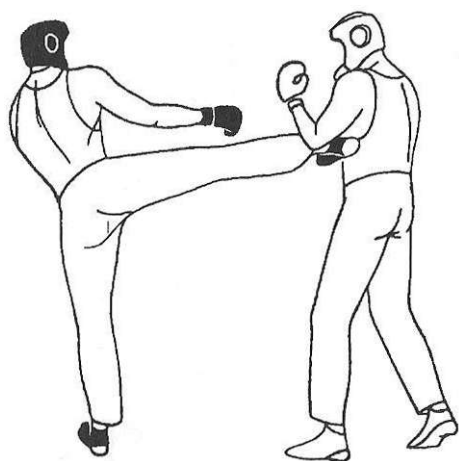
Рис. 892



Рис. 893



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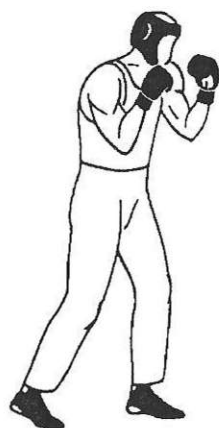


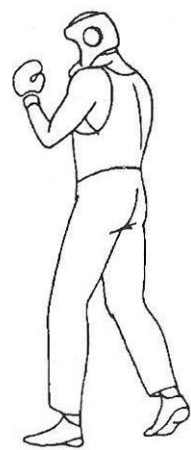
Рис. 896



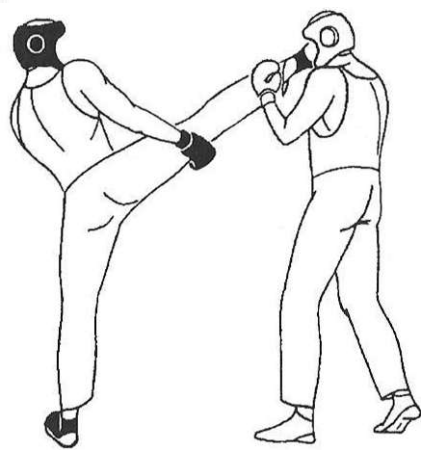
Рис. 897



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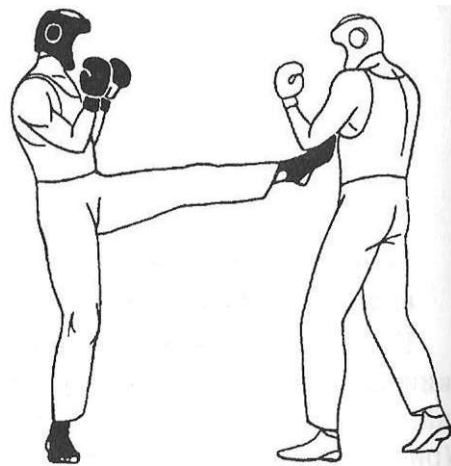
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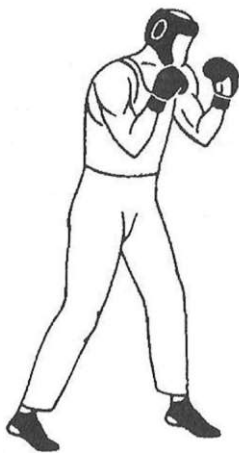
( . 904).



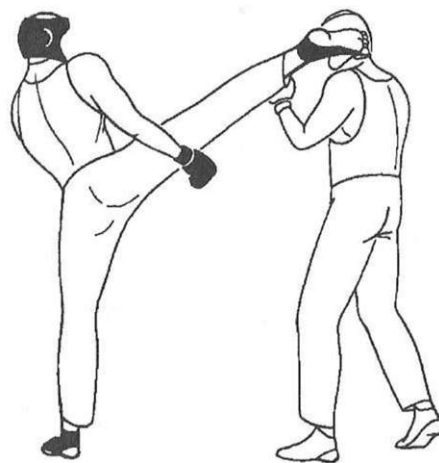
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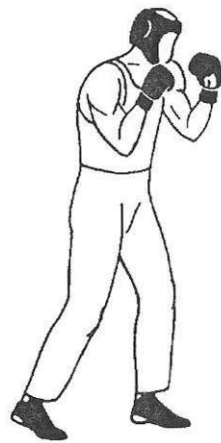
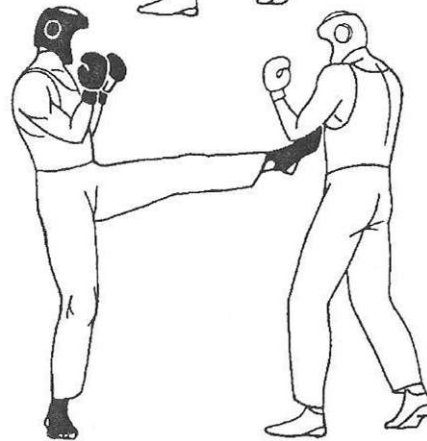
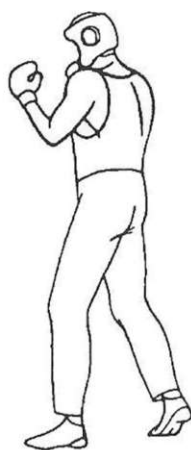


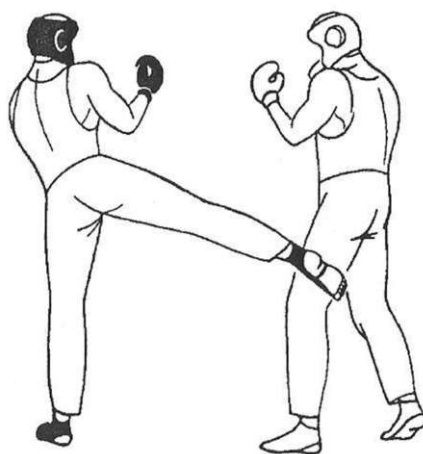
Рис. 905



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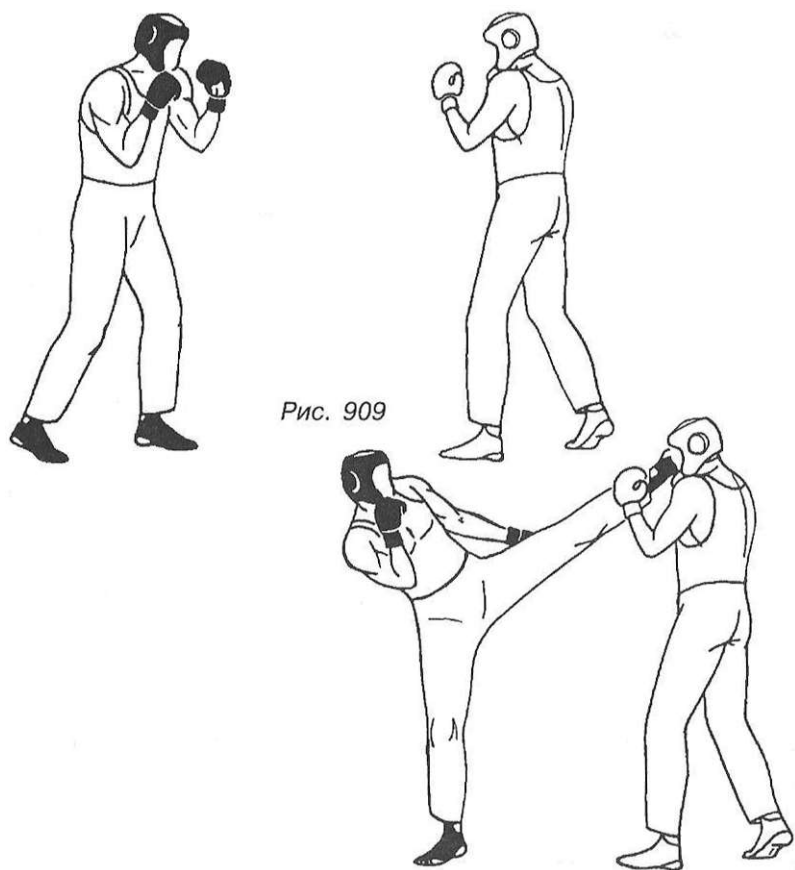
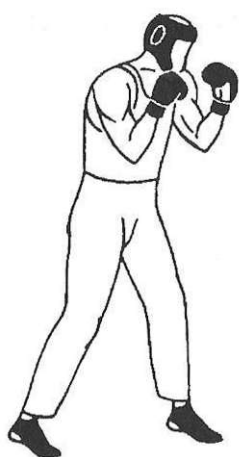
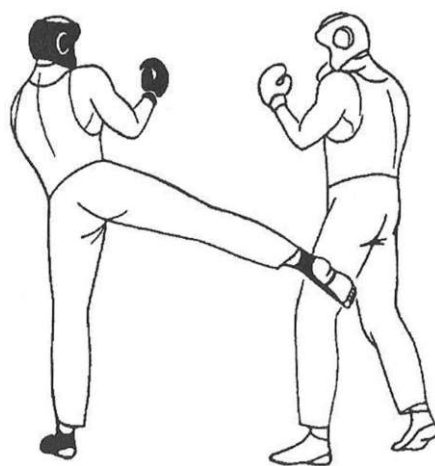


Рис. 909



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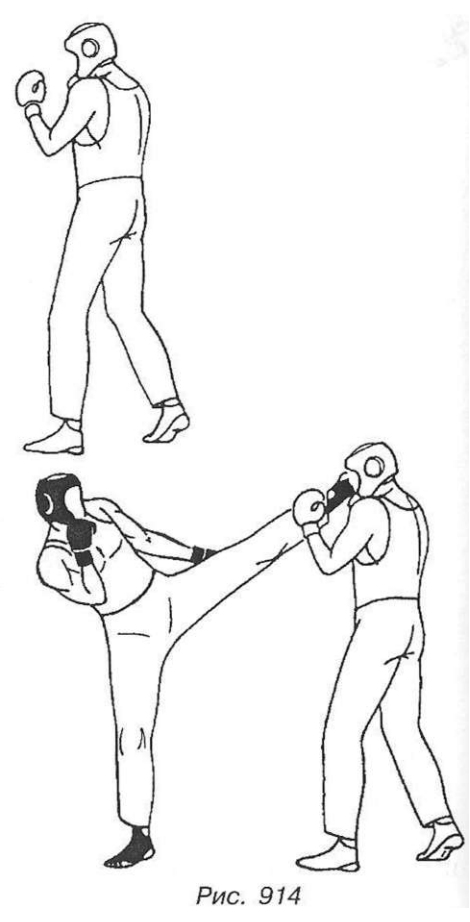
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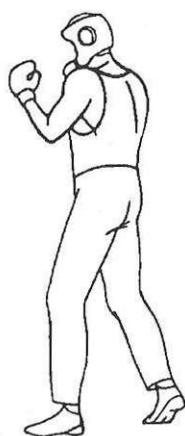
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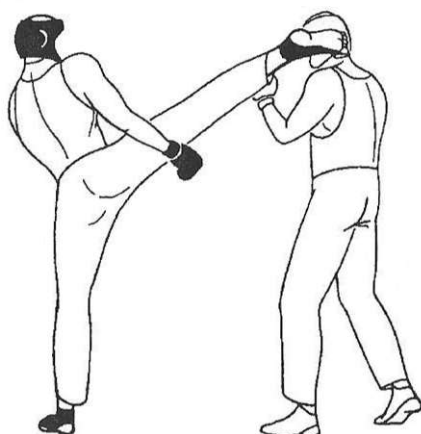
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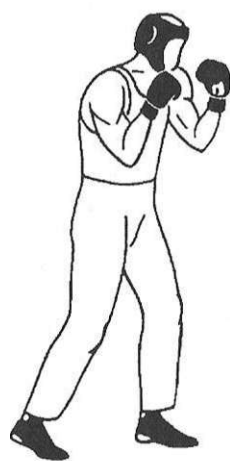


Рис. 917

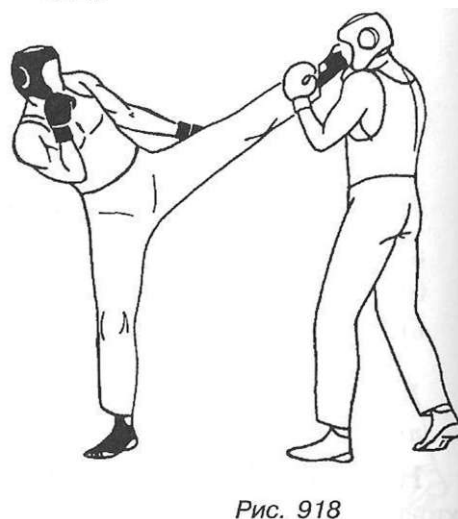


Рис. 918



Рис. 919

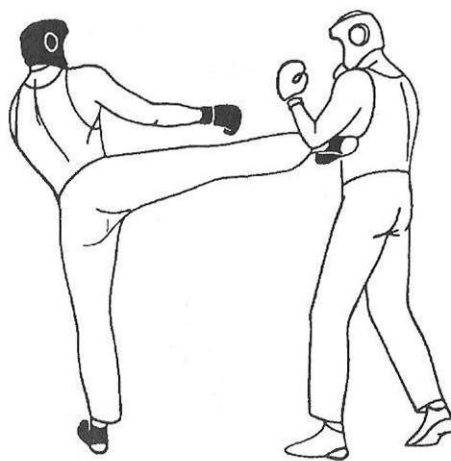


Рис. 920

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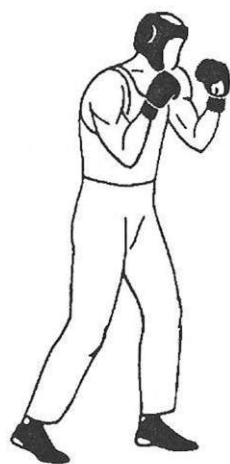


Рис. 921



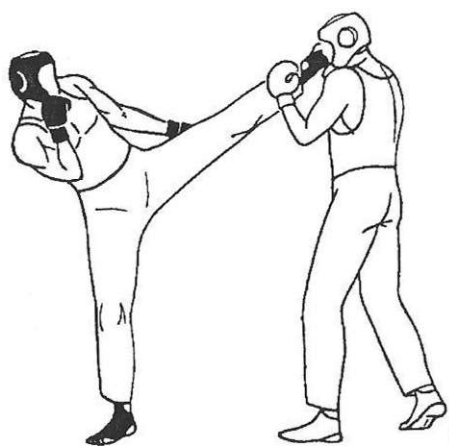


Рис. 922



Рис. 923

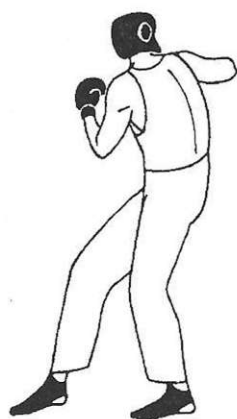
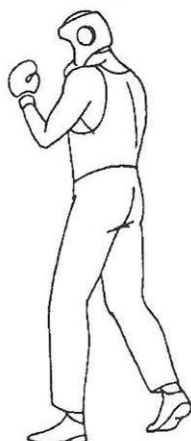


Рис. 924



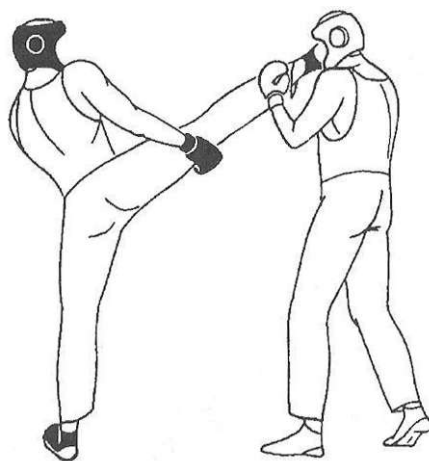


Рис. 925

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Рис. 926

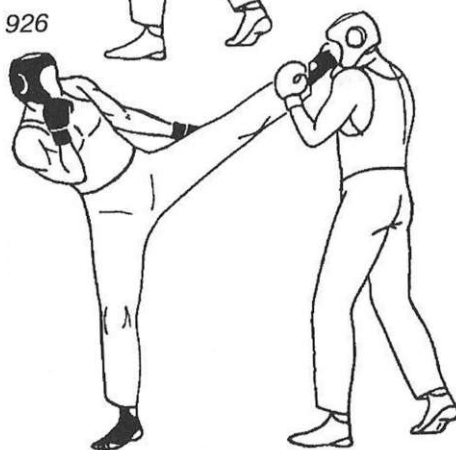


Рис. 927



Рис. 928

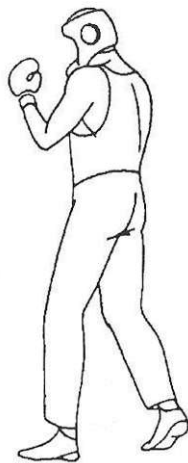


Рис. 929

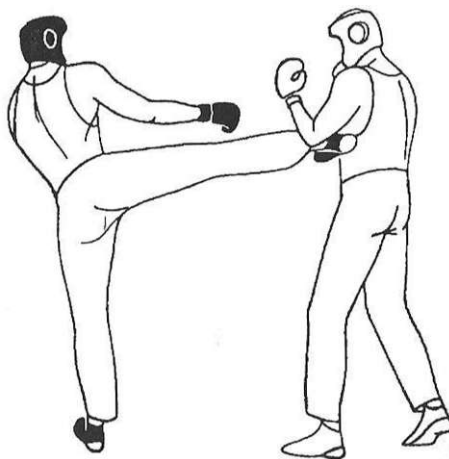


Рис. 930

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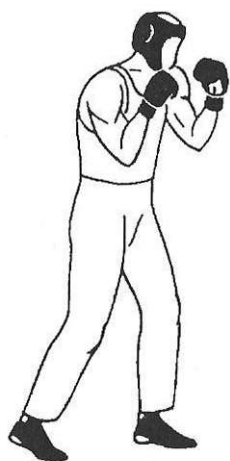


Рис. 931

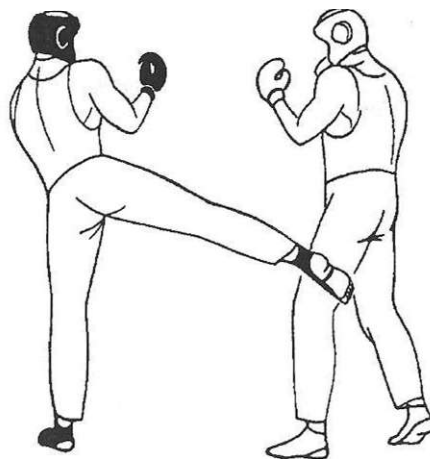


Рис. 932

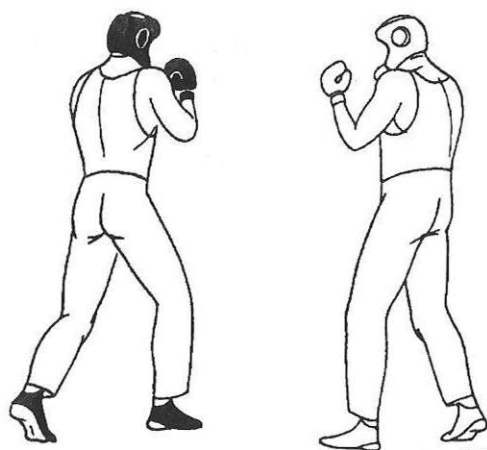


Рис. 933

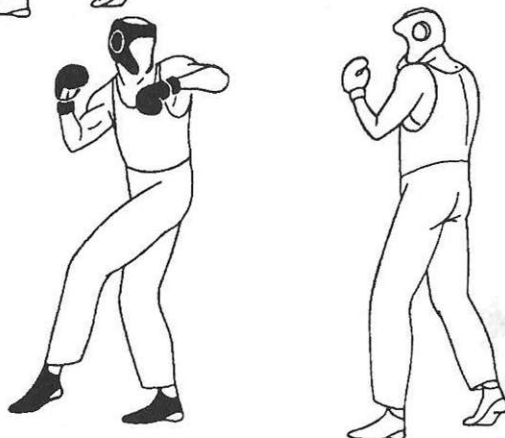


Рис. 934

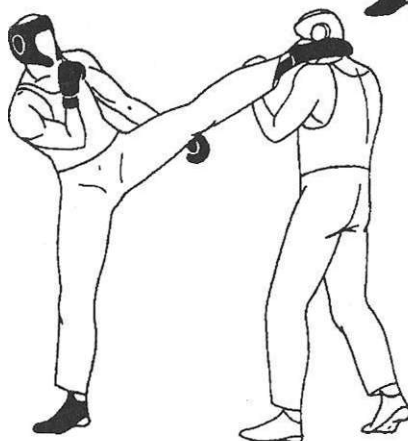
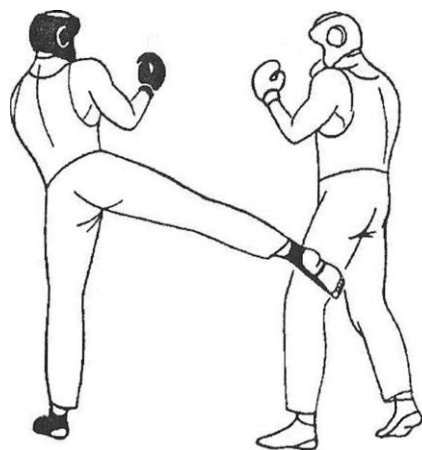


Рис. 935







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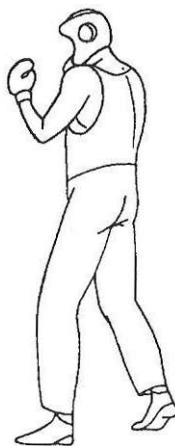


Рис. 939

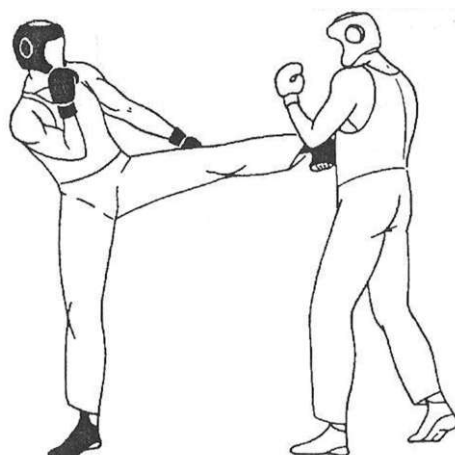


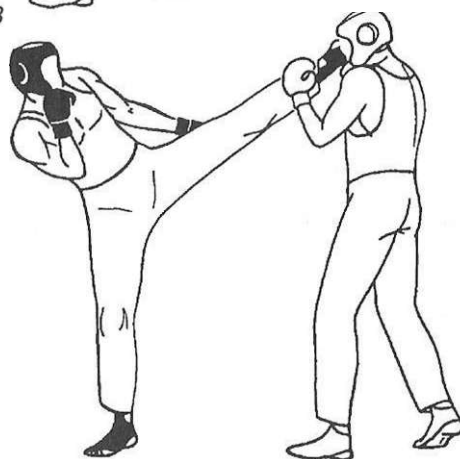
Рис. 940

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Рис. 943



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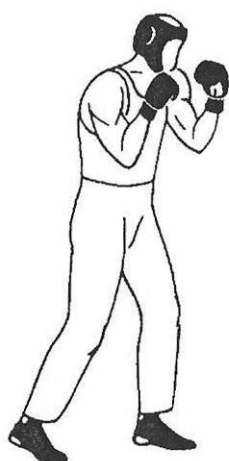


Рис. 945

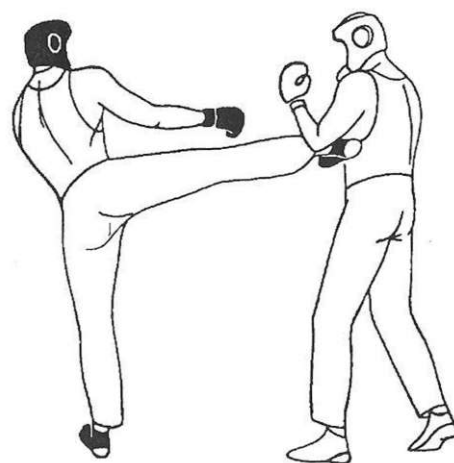


Рис. 946



Рис. 947

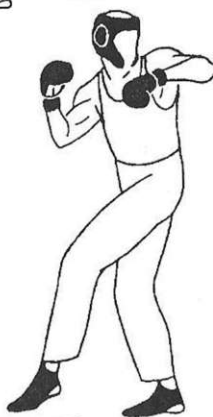


Рис. 948



Рис. 949



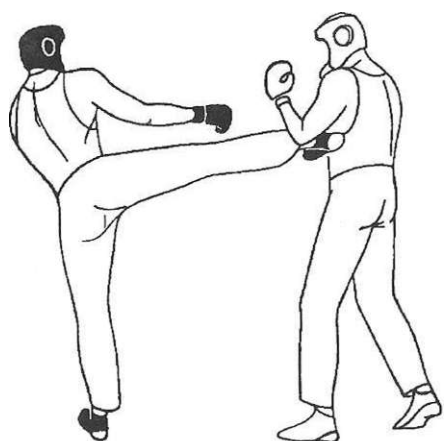


Рис. 951



Рис. 952



Рис. 953



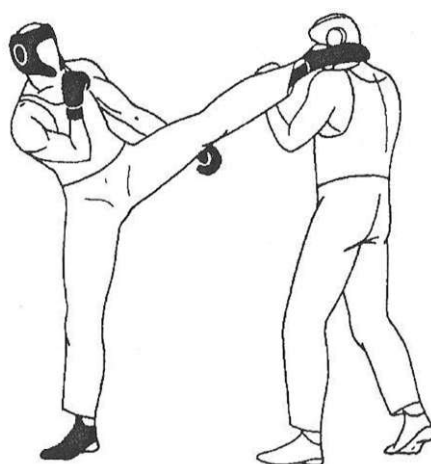


Рис. 954

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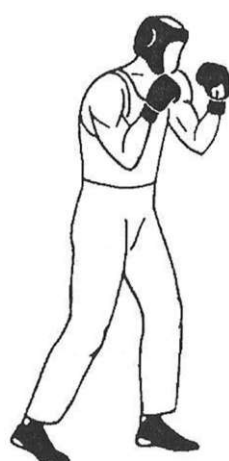


Рис. 955

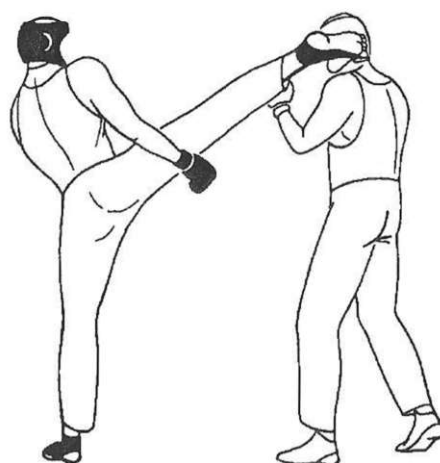


Рис. 956

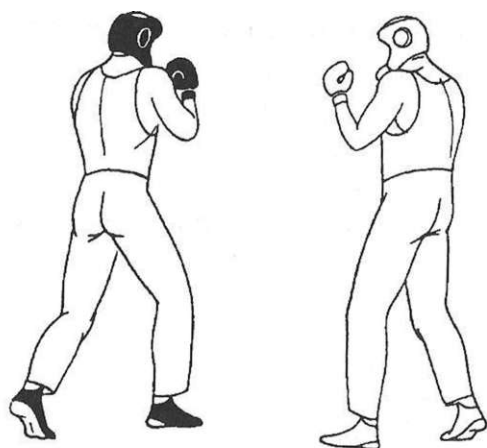


Рис. 957

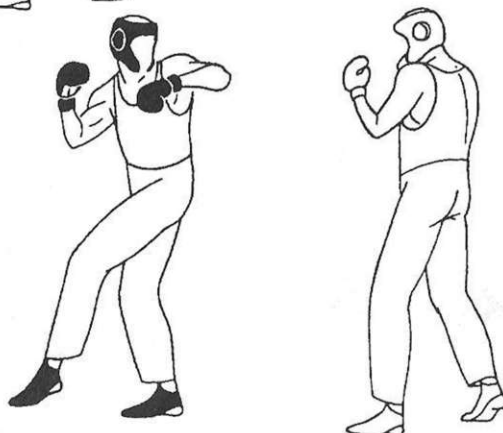


Рис. 958

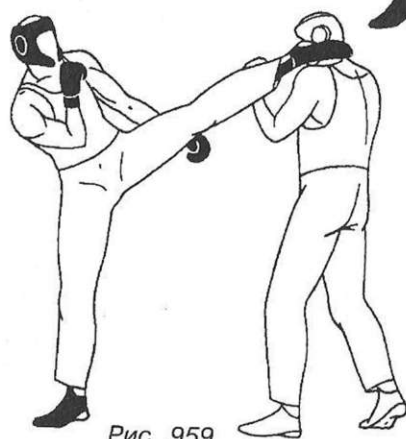
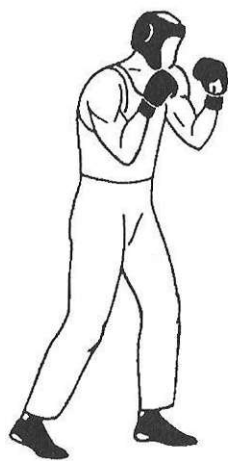


Рис. 959

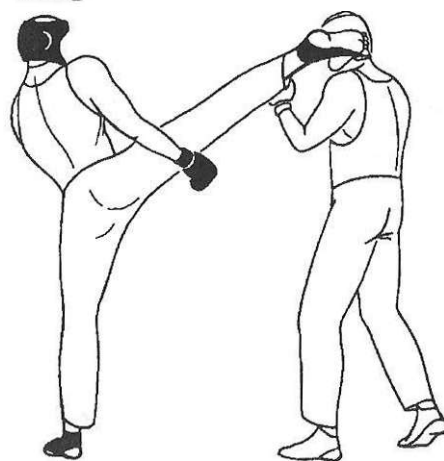
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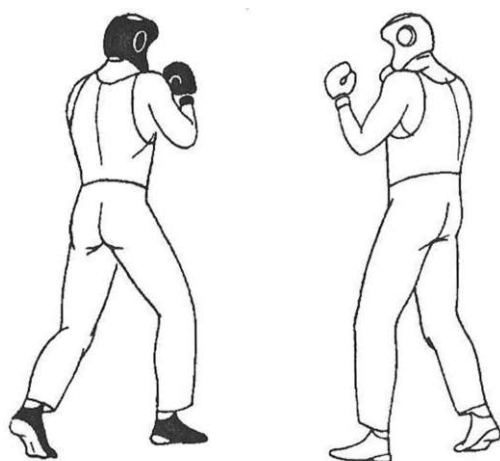


Рис. 962

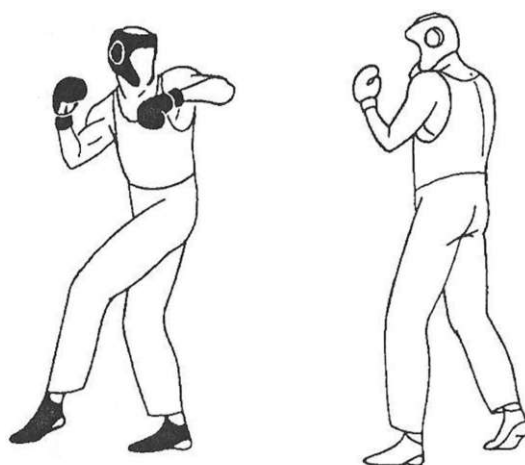
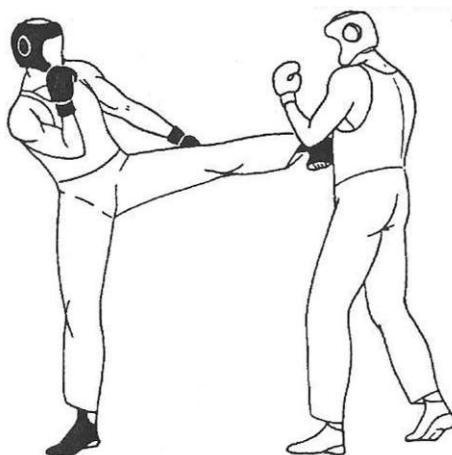


Рис. 963



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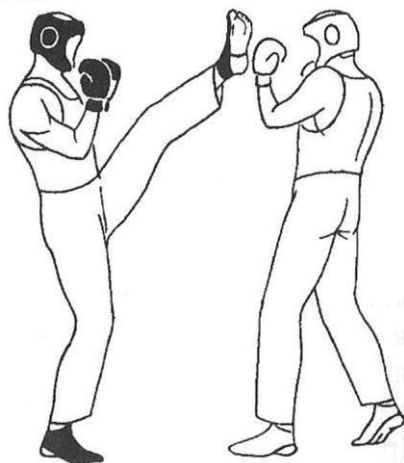


Рис. 950

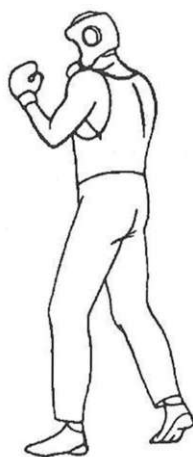


Рис. 967

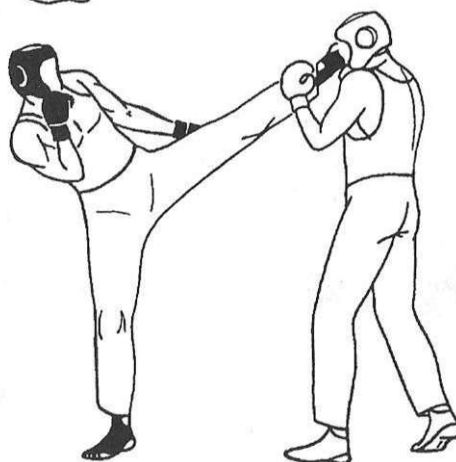


Рис. 968

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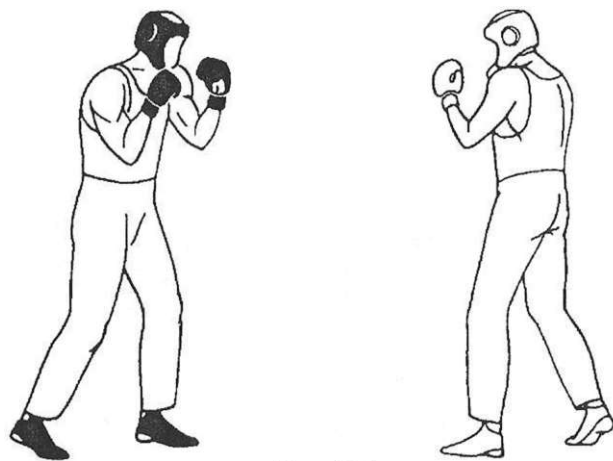
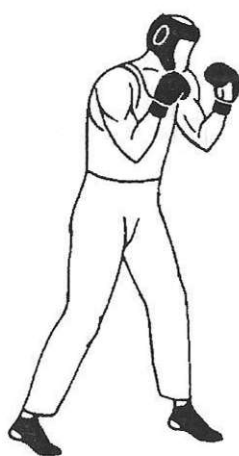


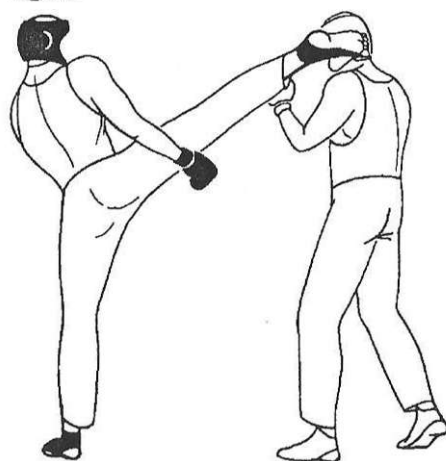
Рис. 969



Рис. 970



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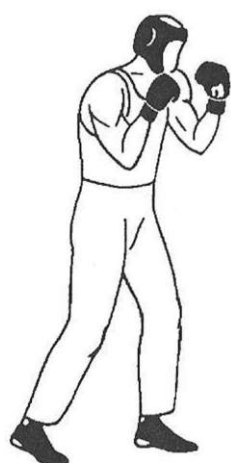


Рис. 973

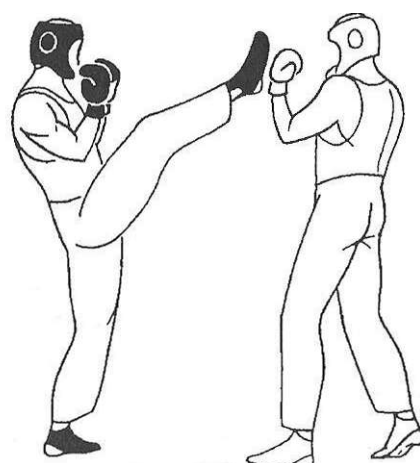
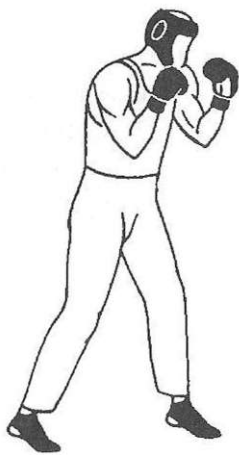
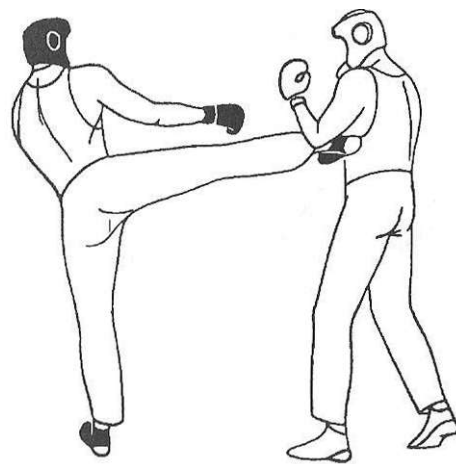


Рис. 974



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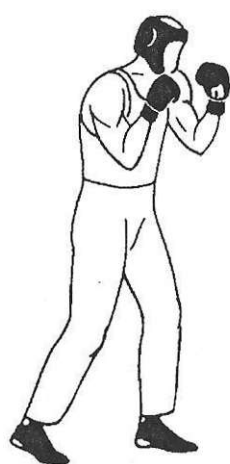


Рис. 977

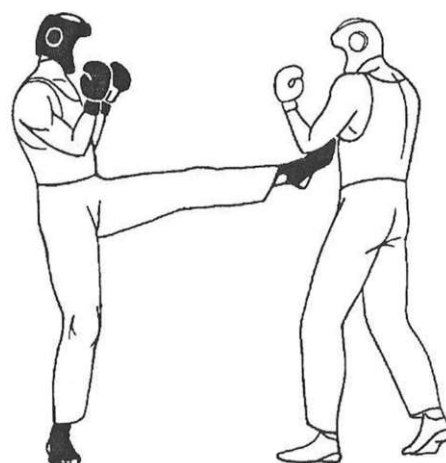
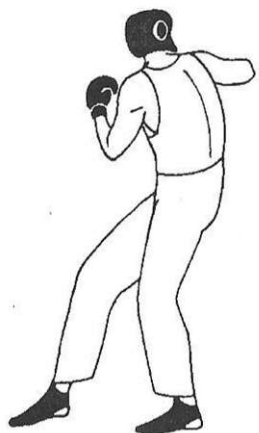
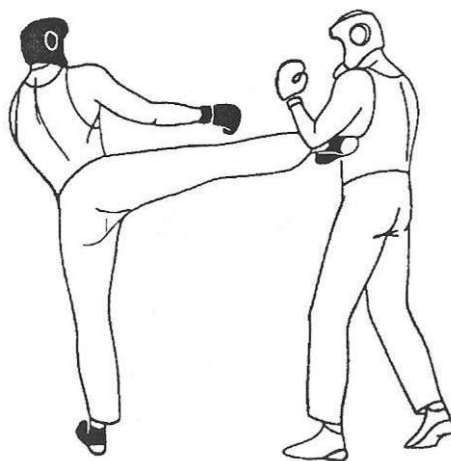


Рис. 978



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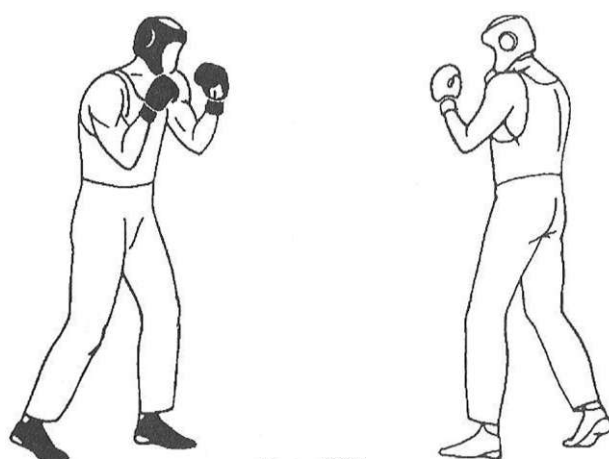


Рис. 981

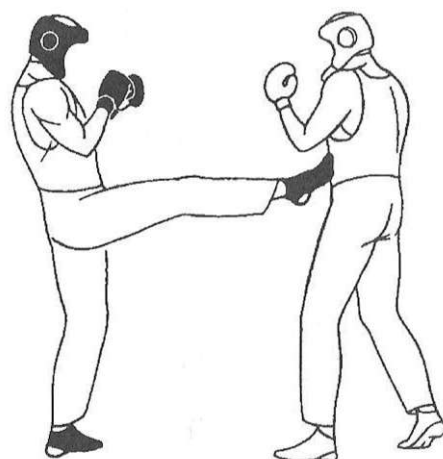


Рис. 982

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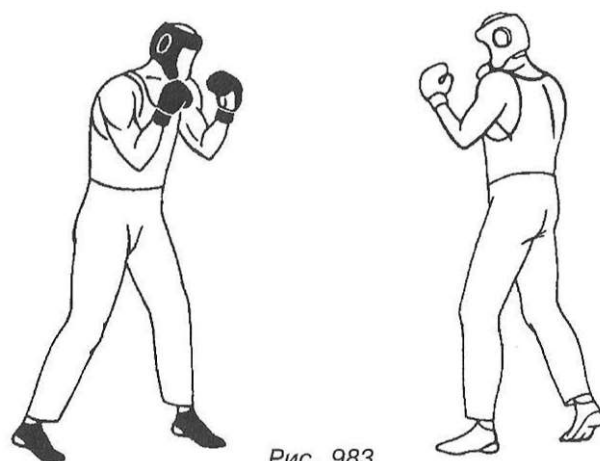


Рис. 983

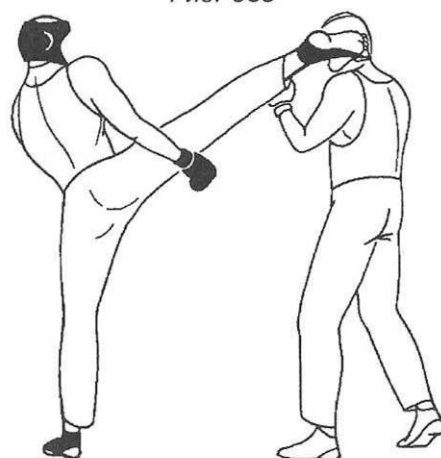


Рис. 984





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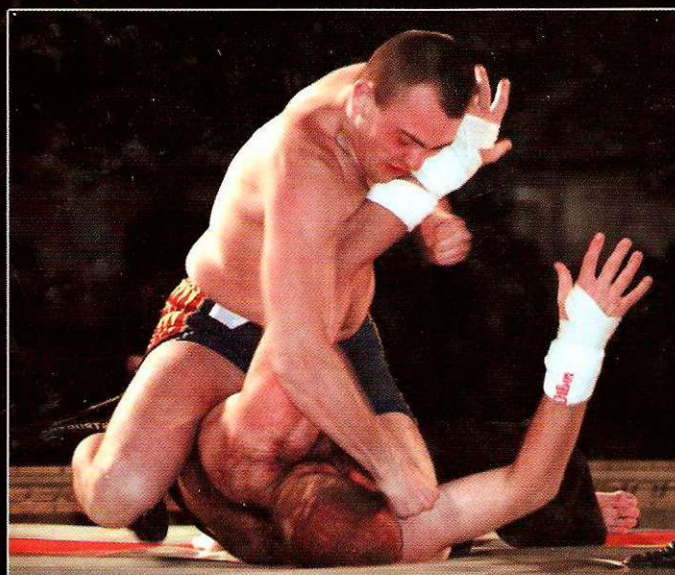
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5-

# СОВРЕМЕННЫЙ КИКБОКСИНГ



У **Валерия Константиновича Щитова**, кандидата в мастера спорта по боксу, обладателя третьего дана шотокан-каратэ с 1984 года, за плечами более 20 лет тренерской работы по боксу, затем, с 1981 года, он — тренер по каратэ, а с 1991 года — по кикбоксингу. В. Щитов подготовил нескольких чемпионов России по кикбоксингу среди юношей, призеров СССР и России по кикбоксингу и каратэ, написал несколько ставших популярными книг, посвященных боксу и боевым искусствам.

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