



NORTH SHORE KARATE ACADEMY

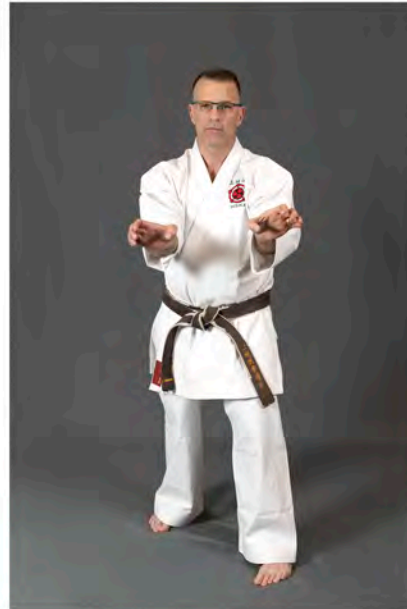
Photo Day Posing Guide

Please select your favorite 1-2 poses for your photo session. Practice them at home to be ready for your time.

Uechi-Ryu Style (White Gi)



Guard Stance



Ready Hands



Crane Stance



Elbow Strike



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Photo Day Posing Guide

Please select your favorite 1-2 poses for your photo session. Practice them at home to be ready for your time.

Weapons (Black Gi Top)

Bo



Ready Stance



Low Block



Reverse Low Block

Tunfa



High-Low Ready



Ready Crane



Push



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Photo Day Posing Guide

Please select your favorite 1-2 poses for your photo session. Practice them at home to be ready for your time.

Weapons (Black Gi Top)

Nunchaku



Ready



Over Shoulder



High Block

Sai



High/Low Block



Middle Block



Elbow Strike