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| **NINDO IN SECONDARY SCHOOL**  |
| C:\Users\mesli\Documents\Libraries\Pictures\1819 PHOTOS\ECA KARATE NINDO\20181114_164841.jpg | C:\Users\mesli\Documents\Libraries\Pictures\1819 PHOTOS\ECA KARATE NINDO\20181114_164817.jpg |
| Kick practice  | Punch practice  |
| C:\Users\mesli\Documents\Libraries\Pictures\1819 PHOTOS\ECA KARATE NINDO\20181114_164603.jpg | C:\Users\mesli\Documents\Libraries\Pictures\1819 PHOTOS\ECA KARATE NINDO\20181114_164527.jpg |
| Posture 1 | Posture 2 |
| C:\Users\mesli\Documents\Libraries\Pictures\1819 PHOTOS\ECA KARATE NINDO\20190410_162847.jpgC:\Users\mesli\Documents\Libraries\Pictures\1819 PHOTOS\ECA KARATE NINDO\20190410_162919.jpg | C:\Users\mesli\Documents\Libraries\Pictures\1819 PHOTOS\ECA KARATE NINDO\20190410_162949.jpgC:\Users\mesli\Documents\Libraries\Pictures\1819 PHOTOS\ECA KARATE NINDO\20190410_164617.jpg |
| Kick demonstration  | Students/Coach |
| C:\Users\mesli\Documents\Libraries\Pictures\1819 PHOTOS\ECA KARATE NINDO\20181114_164255.jpg | C:\Users\mesli\Documents\Libraries\Pictures\1819 PHOTOS\ECA KARATE NINDO\20190410_163121.jpg |
| Combat 1 | Combat 2 |