

Kotekitae

KOTEKITAE

Kotekitae refers to one of number of Goju-Ryu's body hardening exercises, which is a type of arm-banging that many Chinese martial arts refer to as "three stars";

Goju-Ryu practitioners will likewise condition a number of other areas of the body, including the shins, calves, thighs, back, stomach, shoulders, and neck.