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Functions of the Muscular System

Producing movement is a common function of all muscle types, but skeletal muscle plays three other important roles in the body as well.

1. **Producing movement.** Mobility of the body as a whole reflects the activity of the skeletal muscles, which are responsible for all locomotion; they enable us to respond quickly to changes in the external environment.
2. **Maintaining posture.** We are rarely aware of the skeletal muscles that maintain body posture, yet they function almost continuously, making one tiny adjustment after another so that we can maintain an erect or seated posture despite the never-ending downward pull of gravity.
3. **Stabilizing joints.** As the skeletal muscles pull on bones to cause movements, they also stabilize the joints of the skeleton; muscle tendons are extremely important in reinforcing and stabilizing joints that have poorly fitting articulating surfaces.
4. **Generating heat.** The fourth function of muscle, generation of body heat, is a by-product of muscle activity; as ATP is used to power muscle contraction, nearly three-quarters of its energy escape as heat and this heat is vital in maintaining normal body temperature.

Anatomy of the Muscular System

Anatomy Physiology Muscular System Packet Answers

SJ Ball



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web sep 4 2022 wado ryu karate punches zuki tsuki punch empi elbow strike gyakuzuki reverse punch haishu back hand haito ridge hand hitosashi ipponken knuckle strike 2nd knuckle of index finger ippon nukite one finger spear hand junzuki forward punch koken uchi wrist strike with the back of

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web the name wadō ryū has three parts wa dō and ryū wa means harmony dō same character as tao means way and ryū

means school or style harmony should not be interpreted as pacifism it is simply the acknowledgment that yielding is sometimes more effective than brute strength

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web feb 17 2021 wado ryu karate do one of the four major styles of traditional karate wado ryu boasts a rich history of its own and has evolved as a unique style of budo it incorporates a mix of ju jutsu and elements of ken jutsu and okinawan karate distinguishing itself from other karate styles

wadō ryū wikipedia - Oct 22 2023

web in 1951 Ōtsuka awarded tatsuo suzuki the rank of 5th dan the highest rank awarded in wadō ryū at that time in 1952 the wadō ryū headquarters honbu was established at the meiji university dojo in tokyo in 1954 its name was changed to zen nippon karate renmei all japan karate federation

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web history of wado ryu karate do a martial art born from the essence of jujitsu karate and kenjutsu history and timeline of the development of wado ryu karate do 1300 karate takes its early origins from the ryukyu islands now called okinawa japan

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web canadian wado ryu karate do federation a not for profit organization dedicated to promoting a better life style through karate free classes available top level dedicated instructors

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web wado ryu means the style of peace and harmony the style believes more in yielding instead of using sheer brute force against the opponent it is a style for self defense wado ryu isn't strictly an art of karate instead it comprises of shindo yoshin ryu jujutsu and modern day karate techniques