

kata goju ryu school of traditional karate - gekki sai dai ichi to destroy introduction kata no 1 this kata was developed and introduced in the 1940 s by sensei chojun miyagi it s intention was to popularize karate to the general public and help establish a curriculum for school children, **2 forgotten but deadly techniques of okinawan karate** - everyone that practices traditional okinawan karate and not sport karate knows that all kicks are done with the large toe in okinawan karate it is only a big surprise to people who practice sport karate that includes almost all japanese mainland styles and most westerners practicing karate, **why i stopped practicing my karate style maybe you** - i absolutely agree i do ryuei ryu but i we do some katas from goju which is like a brother style for us being both from naha and a few from shorin we also go to different styles seminars because you can always learn something interesting from other styles and i agree is the same cake but as danny said is good to come home to the solid base because i can t perform a goju ryu, **pdf karat do shito ryu une bibliographie bernard** - bernard floirat publication num rique paris novembre 2017 v5 62 p cet article est le premier d une serie de trois sur le karat do shito ryu le deuxi me concernera les katas et le troisi me pr sentera l histoire de ce style le karat do, **cane exercises and self defense guides bibliography** - chen shen pu s taijiquan short staff 74 form taught by shifu jiang jian ye 1950 the title on the dvd is traditional chen family tai chi short staff this 74 movement form was created by grand master chen shen pu 1902 2000

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