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List of Goju-Ryu Karate Katas with Instructions. This page will help you to learn the basic katas for Goju-Ryu Karate so you can get ready for your next belt test. However, if you have any questions about a particular kata movement, please check with your instructor because kata instructions and the order of katas can vary by school and organization.

List of Goju-Ryu Karate Katas with Instructions

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Characteristics of Goju-Ryu Karate . Goju-ryu karate is generally a stand-up style, characterized by both hard (closed fist) and soft (open hand or circular) techniques. Many Goju-ryu practitioners feel as if they are martial arts technicians, in that they utilize angles to deflect strikes rather than trying to meet strength with strength.

A History and Style Guide of Goju-Ryu Karate

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returning to Okinawa to formulate what is known as Okinawa Goju-Ryu Karate-Do. The literal translation of the Japanese term Goju Ryu is "Hard / Soft" - Go meaning "Hard" and Ju meaning "Soft". Ryu means "School", thus Goju Ryu is the Hard / Soft School of Karate. Chojun Miyagi was born on April 25th 1888 into a

INSIGHT INTO GOJU-RYU

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REQUIREMENTS FOR GRADE Ichikawa-ha Goju-ryu International Karate-do Sosui-kai has specific requirements that must be met before any member can advance to the next grade.. This segment should be used as a guide for our members to know if, in addition to mastery of prescribed kata and techniques, they may be ready to advance to the next level of their karate-do training.

Grade Requirements - Seito Goju-ryu

Goju-Ryu Kata Videos Sparring Set #1 (PDF) Sparring Set #2 (PDF) Sparring Set #3 (PDF)

Kata - Spokane Karate Center | Spokane Goju-Ryu Karate

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Basic Kata in Goju Ryu Gekisai Dai Ichi is a Hookiyugata designed by Miyagi Chojun Sensei at around 1940 due to the request of the governor of Okinawa. Subsequently Chojun Sensei developed Gekisai Dai Ni and incorporated both kata into the Goju-Ryu System.

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