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The Gekisai Kata were formulated by Chojun Miyagi Sensei in 1940 as a form of physical exercise for high school boys and to help popularize Goju-Ryu among the public of Okinawa. In 1948, after WWII, Miyagi Sensei began to teach the Gekisai Kata in depth as a regular part of Goju-Ryu in his own dojo.

The 12 Kata of Goju-Ryu - Uchinadi-Kan

Goju-ryu karate is generally a stand-up style, characterized by both hard (closed fist) and soft (open hand or circular)

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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

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.

Basic Kata in Goju Ryu

Guide Kata Goju Ryu G?j?-ry? (???), Japanese for "hard-soft style", is one of the main traditional Okinawan styles of karate, featuring a combination of hard and soft techniques. Both principles, hard and soft, come from the famous martial arts book used by Okinawan masters during the 19th and 20th

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centuries, the Bubishi (Chinese: 武備志; pinyin: Wǔbèi Zhì).

Guide Kata Goju Ryu - mail.trempealeau.net

Seisan is a great self defense kata and contains some of the most deadly techniques of the Goju Ryu system. Seisan kata is said to have been a favourite of Miyagi Sensei and Shinzato Jinan sensei. Suparinpei (108 Hands) Also Known As Peichurin Again, said to have been one of the original kata of Higashionna Sensei's Naha Te system.

Goju-Ryu Katas - Martial Arts, Brazilian Jiu Jitsu, Karate ...

Performed by: Sensei Tetsuji Nakamura Sanseru means '36 hands or movements' it requires lots of explosive and speedy movements and introduces Kansetsu Geri (joint kick) to the Goju-ryu Kata system. It features defences against multiple attacks.

International Okinawan Goju-Ryu Karate-do Federation -

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Kata

Goju-Ryu Karate Katas Saifa Kata being taught by Chojuan Miyagi Katas are an integral part of Karate and many other martial arts, where they are also sometimes called forms or patterns. The martial artist follows a particular sequence of movements that include the attack and defense against one or several imaginary attackers.

Goju-Ryu Karate Katas

The Goju-Ryu style of Karate is composed of both 'hard' and 'soft' aspects as influenced by the Chinese heritage; sometimes called the opposites of yin and yang (In-Yo, in Japanese). This is what brings such a unique quality to our ways of training.

Goju Ryu Karate Do

Gōjū-ryū (剛柔流), Japanese for "hard-soft style", is one of the main traditional Okinawan styles of karate, featuring a combination of

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hard and soft techniques.

Gōjū-ryū - Wikipedia

Edit: We have added timestamps below so that you may go directly to the kata of your choice. In 1997 I visited the Jundokan dojo in Naha. After 3 weeks there I performed the 13 goju kata back to ...

13 Okinawa Goju Ryu Kata

Especially, If you're black belt holder, please watch this video.
Gekisai1&2, Saifa, Shisochin, Sanseiru, Seisan, Seipai 〇〇〇〇〇〇
〇〇〇〇〇〇〇 Goju-ryu Meibu-kan headquarters ...

7 Kata Study | Goju-ryu | Meitetsu Yagi

Saifa _ Goju ryu _ Kata no ura bunkai _ Yoshio Kuba - Duration: 25:53. Radek Scuri 59,997 views. 25:53. Language: English
Location: United States Restricted Mode: Off History Help

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All 12 Goju-Ryu Kata with Bunkai by Morio Higaonna

Karate Female Team Kata Bronze Medal - Serbia vs Italy - WKF World Championships Belgrade 2010 (1/2) - Duration: 7:01.
World Karate Federation 15,652,708 views 7:01

Goju ryu kata Sepai side view Slow

Goju Ryu has 12 core kata in its standard curriculum. Students in most schools are required to know all of these kata before reaching sandan. Morio Higaonna sensei writes that "Karate begins and ends with kata. Kata is the essence and foundation of karate and it represents the accumulation of more than 1000 years of knowledge.

Goju Ryu Karate katas - Martial Arts Videos

Most of the Kata of Goju-Ryu Karate-Do originated in China and were brought to Okinawa in 1881 by Master Kanryo Higaonna.

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These Kata are Sanchin, Saifa, Seiyunchin, Shisochin, Sanseru, Sepai, Kururunfa, Sesan and Suparinpei. Other Kata originated in Okinawa. Master Chojun Miyagi created Gekisai Dai Ichi and Gekisai Dai Ni Kata.

OKINAWA GOJU RYU KATAS - YKKF India

Traditional Karate-do – Okinawa Goju Ryu, Volume 3:

Applications of the Kata. Morio Higaonna, ISBN 0-87040-597-7.

Volume 3 contains applications from the first two kata, as well as a demonstration of Tensho kata and the advanced kata, Sepai through Suparinpei. It will be a useful guide to martial artists at all levels and of all styles.

Reference Section | Goju Ryu Karate - IOGKFNZ

He is a sixth-degree black belt in Okinawa Goju-ryu and holds a teaching certificate in Matayoshi kobudo from the Zen Okinawa Kobudo Renmei. He spent seven years living and training with

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Kimo Wall, president of Kodokan, in the lineage of Higa Seiko and Matayoshi Shinpo.

The Kata and Bunkai of Goju-Ryu Karate: The Essence of the ...

Goju Ryu Katas Goju Ryu has 12 core kata in its standard curriculum. Students in most schools are required to know all of these kata before reaching sandan. Morio Higaonna sensei writes that "Karate begins and ends with kata. Kata is the essence and foundation of karate and it represents the accumulation of more than 1000 years of knowledge.

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