

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, **bunkai videos karate do karate do the traditional** - assorted shorin ryu bunkai assorted kata bunkai interpretation demonstrated by david walker sensei 6th dan shintokukai out of the pinan heian bassai dai passai bunkai drill a really nice demonstration of close fighting techniques from passai bassai dai presented by sensei iain abernethy **bubushi 36 sensitive vital points 36 effective sensitive points** are described in **bubushi the, ryuei ryu history ramblings kata anan karate by jesse** - this a great article i may be in the minority but i a practitioner of us a goju ryu as i have evolved i have begun for my own interest to trace a few katas family tree through goju kai and okinawan goju, **10 differences between okinawan karate japanese karate** - until i visited okinawa the birthplace of karate since then i ve revisited the amazing island over a dozen times i even lived there in 2009 studying japanese at okinawa university deep karate stances can often feel forced especially for tall westerners and tend to be painful, **short staff jo cane zhang jo do aikijo jojutsu gun** - way of the short staff self defense arts and fitness exercises using a short wooden staff cane walking stick jo zhang guai gun four foot staff hiking staff whip, **cane exercises and self defense guides bibliography** - this may be an embellished story of the creation of j jutsu as the oral tradition of shint mus ry is the only mention of this second duel or for that matter a person defeating musashi in combat, **caiu na net video caseiro que marido corno fe mecvideos** - watch caiu na net video caseiro que marido corno fe free porn video on mecvideos

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