

**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, **10 differences between okinawan karate japanese karate** - question do you know the difference between okinawan karate japanese karate i didn t until i visited okinawa the birthplace of karate wow since then i ve revisited the amazing island over a dozen times i even lived there in 2009 studying japanese at okinawa university so i can assure you there are many differences between okinawan and japanese, **2 forgotten but deadly techniques of okinawan karate** - good post as for the changes in modern karate you can also point out admiral kenwa kanna s preface on funakoshi s to te jitsu i trained in okinawa where they still keep both of those techniques in kata and love the toe kick

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