

**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, **g j ry wikipedia** - 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 centuries the bubushi chinese pinyin w b i zh, **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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