

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 **bubishi 36 sensitive vital points 36 effective sensitive points** are described in **bubishi 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, **why i stopped practicing my karate style maybe you** - i absolutelly agree i do ryuei ryu but i we do some katas from goju which is like a brother style for us being both from naha and a few from shorin we also go to diferent styles seminars because you can always lern something interesting from other styles and i agree is the same cake but as danny said is good to come home to the solid base because i can t perform a goju ryu, **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** - chen shen pu s taijiquan short staff 74 form taught by shifu jiang jian ye 1950 the title on the dvd is traditional chen family tai chi short staff this 74 movement form was created by grand master chen shen pu 1902 2000, **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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