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List of Goju-Ryu Karate Katas with Instructions This page will help you to learn the basic katas for Goju-Ryu Karate so you can get ready for your next belt test. However, if you have any questions about a particular kata movement, please check with your instructor because kata instructions and the order of katas can vary by school and organization.

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List of Goju-Ryu Karate Katas with Instructions

Goju-Ryu Karate Katas. 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. Practicing Kata is a good way of exercising ...

Goju-Ryu Karate Katas

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art of Goju Ryu Karate-Do. This is a guide to your study and holds the information as to what is required at each stage of

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your training. Information not contained within these pages for example: individual elements of kata and bunkai are best passed on by way of demonstration and application with an instructor. Karate by its nature can be hard and gruelling and at times repetitive but at the ...

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