

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, **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** - 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, **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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