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the book details two karate kata or forms and their analysis by goju ryu karate master the late seiki toguchi one kata gekiha was created by master toguchi the other saifa is a traditional kata of the goju ryu system on the positive this book is very useful for many schools that train kata without ever examining their original purpose, **okinawan goju ryu kata bunkai taira bunkai** - taira bunkai most of masaji taira s karate career has revolved around his focus on the bunkai of the kata he has painstakingly dissected the kata and trained his body to the point where he has mastered the inner workings of goju ryu kata taira s bunkai is unusual in his insistence on working the kata in sequence, **4 traditional karate do okinawa goju ryu applications** - traditional karate do okinawa goju ryu applications of the kata part 2 by morio higaonna 10th d more an okinawa goju ryu chief instructor of iogkf international okinawan goju ryu karate do federation, **traditional karate do okinawa goju ryu the fundamental** - 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