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**Traditional Karate Do, Okinawa Goju  
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The International Okinawan Goju-Ryu  
Karate-do Federation (IOGKF) is the  
largest traditional Okinawan Karate  
organization in the world. Under the  
leadership of World Chief Instructor,

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Sensei Tetsuji Nakamura and his  
International Executive committee,  
IOGKF International is committed to  
preserving the intangible cultural  
treasure of Okinawan Goju-Ryu Karate-  
Do, which has been passed down to us  
...

**IOGKF International - International**

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**Okinawan Goju-ryu ...**

Karate (空手) (/ k ə ' r ə : t i /; Japanese pronunciation: ( ); Okinawan pronunciation:) is a martial art developed in the Ryukyu Kingdom. It developed from the indigenous Ryukyuan martial arts (called te (手), "hand"; tii in Okinawan) under the influence of Chinese martial arts,

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Kata particularly Fujian White Crane. Karate is now predominantly a striking art using punching, kicking, knee ...

## **Karate - Wikipedia**

Goju Ryu Karate Do ... Okinawa The words read; 'Karate ni Sente Nashi' ... After watching the young Miyagi carrying out all of the chores around the

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house, the traditional way of being accepted, Higashionna Sensei decided to have him as a personal disciple, and started to teach him his art. ...

### **Goju Ryu Karate Do**

Gōjū-ryū (剛柔流), Japanese for "hard-soft style", is one of the main traditional Okinawan styles of karate, featuring a

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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 Bubishi (Chinese: 武備志; pinyin: Wǔbèi Zhì). ...

### **Gōjū-ryū - Wikipedia**

Goju-ryu is a traditional Okinawan style

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of karate with an extensive history. The term Goju-ryu actually means “hard-soft style,” which refers to the closed hand techniques (hard) and open hand techniques and circular movements (soft) that comprise this martial art.

### **A History and Style Guide of Goju-Ryu Karate - LiveAbout**

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The first karate master to teach in Okinawa's schools was Anko Itosu. He was soon followed by a number of others, including Chojun Miyagi, Kenwa Mabuni, and Gichin Funakoshi. Over the course of the last 100 years, what was previously known as Naha-Te (Shorei-Ryu) has been divided into several popular styles.

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The Cobra Kai Karate style does have its roots in Okinawan Karate, branching out from a prominent style, called the Goju-Ryu (Goju meaning “hard soft”). Goju-Rye originated in Okinawa, and many people may not know that the Cobra Kai is not of a style, but of a school.

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## **What Style Of Karate Is Cobra Kai? - The Karate Blog**

Nessa leva, existem as linhagens, por exemplo, Hayashi-ha, Motobu-ha e Inoue-ha, do estilo Shito-ryu; Goju-kai e Seigokan, do estilo Goju-ryu; ou Shobayashi-ryu, Matsubayashi-ryu e Kobayashi-ryu, do estilo Shorin-ryu. [62]

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Nota-se, portanto, que não existe um padrão ou uma norma para definir os nomes dos estilos e suas respectivas ramificações.

## **Caratê - Wikipédia, a enciclopédia livre**

Also a member of the Karate-Do Special Committee, Miyagi Sensei developed

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fukyugata ni in 1940, which is part of current Goju Ryu syllabus under the name Gekisai Dai Ichi. This kata finishes with a forward step that symbolises the moving forward of the country during the war in Japan at the time.

## **Kata Lists in different styles of Karate - Shotokan ...**

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According to most internet sources, the Karate Kid movie “style” is clearly made up, with most websites calling it a “movie-fu”, however, it does have its origins in a very prominent karate style, called Goju-Ryu. Goju-Ryu is a highly effective style of karate, originating from Okinawa.

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**What Style Of Karate Is Cobra Kai? -  
Way of Martial Arts**

Nel 1922 scrisse "Ryu-kyu kempo":  
karate (karate significava ancora «mano  
cinese» e i nomi dei kata erano quelli  
originari di Okinawa). Nel 1935 pubblicò  
"Karate-do kyohan", molti anni dopo  
tradotto dal maestro Tsutomu Ōshima. I  
primi anni furono difficili soprattutto

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sotto l'aspetto economico.

## **Karate - Wikipedia**

Okinawan karate schools don't have separate terms for different karate styles. But, multiple branches of traditional Shorin Ryu have been practiced in Japan and the western world. Although its popularity in its

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birthplace (Okinawa) is unmatched, it still has notable popularity outside Okinawa.

## **Shorin Ryu Karate (History, Belt Order, Katas, Techniques ...**

Goju-ryu karate is based on the complimentary principles of hard and soft. Disciples learn techniques that

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include hard, closed fist punches and soft, open hand strikes.

### **11 Types of Karate: Features, Weight Loss, Self-Defense ...**

Karate is een vechtkunst die is ontstaan op de Riukiu-eilanden, waaronder het eiland Okinawa, Japan. Deze is ontstaan uit de samenvoeging van het Chinese

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Kempo (ook wel Kenpo) en de inheemse vechtkunsten van Okinawa, die te (手, letterlijk “hand”) werden genoemd.. Bij karate ligt de nadruk vooral op het gebruik van stoot-, trap- en afweertechnieken (te-waza, geri-waza en uke-waza).

### **Karate - Wikipedia**

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Last week, while browsing some Karate books, I found a really interesting book. It is in English, and on the front page it says (with big bold letters): “The 100 Deadliest Karate Moves”. Dude... I just had to read a little! I won't do a review though. It's seriously not necessary, and you will understand [...]

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**"The 100 Deadliest Karate Moves" -  
The REAL Meaning of Karate**

If you watch Karate-ka do techniques in the sagittal plane ... entitled "Resistance Training For Traditional Okinawan Karate: Combining Traditional Okinawan and Modern Training Methods". Reply. yngvi. February 26, 2014 at 11:18 pm ... Clinching, Throwing, Groundwork is part

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of goju sparring; however, they don't spar as frequent as kyokushin ...

## **Free Guide: Strength & Cardio for Karate Practitioners**

Karate: a martial art developed in Okinawa, Japan that stresses striking techniques, such as punching, kicking, knee and elbow strikes, and open-

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handed techniques such as knife-hands (karate chop). In comparison to tae kwon do, karate tends to focus more on hand strikes, whereas tae kwon do emphasizes kicking techniques. The major traditional ...

### **Types of Martial Arts - Master Chong's Taekwondo**

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Karate is divided into several styles; however, there are those regarded as the Karate's main style, and that each has a different version of what effectiveness is. The main kinds of Karate include;- Kyokushin Karate, Shotokan Karate, Goju-Ryu Karate, Shorin-Ryu Karate, and Shito-Ryu Karate.

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## **Shotokan Karate: Is It Effective For Self-Defense?**

Tang Soo Do (9th Dan; 7-time World Karate Champion; record: 183-10-2; Black Belt Hall of Fame entry), Chun Kuk Do (10th degree black belt) (founder), Tae Kwon Do (8th degree black belt), Karate (5th degree black belt), Brazilian

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Jiu-Jitsu (3rd degree black belt), Judo  
(black belt), Mixed Martial Arts Master  
One of only eight Americans to achieve  
an 8th degree black belt or higher in  
Tang Soo Do

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