

Best Karate Vol 11 Gojushih Dai Gojushih Sho Meikyo

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Kagawa-sensei demonstrating beginning of kata gojushih-sho

Luca Valdesi - Kata Goju Shiho-Sho - 21st WKF World Karate Championships Paris Bercy 2012

Kunio Kobayashi JKA Shotokan kata Gojushih Sho *Practical Kata Bunkai: Gojushih Sho and Dai* Bearhuge Eesapes **Practical Kata Bunkai: Flow drill for the first quarter of Kanku-Dai / Kushanku / Kosokun Team Kata – Bunkai** GOJUSHIHO SHO by Franco National Team – 21st WKF World Karate Championships Karate Kata – Gojushih Sho Tutorial || Kata Performance

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Recommendations – HIS Karate-Do

Best Karate Vol.7 Jitte, Hangetsu, Empi \$ 32.95 The three kata in this volume are on the JKA recommended list and are notable for the sticklike use of the arms – Jitte, the circular movements of hands and feet coordinated with breathing – Hangetsu, and easy, agile movements, combined into continuous techniques – Empi