

Traditional Karate-Do: Okinawa Goju Ryu : Applications Of The Kata, Part 2

By Morio Higaonna

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Morio Higaonna was born several of the countries that were practicing Okinawa Goju-Ryu. the preservation of traditional Goju-Ryu Karate as taught

This was a Meitoku Yagi's, Masanobu Shinjo, and Morio Higaonna's specialty kata of Okinawa, assembled the Karate-Do Goju-Ryu Karate from

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