

Goju Ryu Karate Technical Series

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Goju Ryu Karate Technical Series

Morio Higaonna (高橋 朝雄, Higaonna Morio, born December 25, 1938) is a prominent Okinawan karate practitioner who is the founder and former Chief Instructor of the International Okinawan Goju-ryu Karate-do Federation (IOGKF). He is a holder of the highest rank in Goju-ryu karate, 10th dan.

Higaonna has written several books on Goju-ryu karate, including Traditional Karate-do: Okinawa ...

Morio Higaonna - Wikipedia

Wadō-ryū (和道流) is one of the four major karate styles and was founded by Hironori Otsuka

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(1892-1982). The style itself places emphasis on not only striking, but tai sabaki, joint locks and throws. It has its origins within Tomari-te karate, but was also influenced by Shito-Ryu and Shotokan; however, its main influence comes from Jujitsu, which explains the emphasis on concepts such as ...

Wadō-ryū - Wikipedia

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The Official website for Karate New Zealand - the National governing body for Karate recognised by Sport New Zealand.

Karate New Zealand - HOME

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Denzel Hayes Washington, Jr. was born on December 28, 1954 in Mount Vernon, New York. He is the middle of three children of a beautician mother, Lennis, from Georgia, and a Pentecostal minister father, Denzel Washington, Sr., from Virginia.

Denzel Washington - Biography - IMDb

Muay Thai if you are okay with kicking, Arnis (aka Kali), Sambo, Hapkido, Wing Chun/JKD, Hung Ga and Goju-ryu (which also balances hard and soft). If you want something more in the "locking"

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styles then perhaps Aikido, Jiu Jitsu, Judo, or Qinna/Taijiquan (or its complimentary styles Baguazhang and Xing Yi Quan which is good for the above ...

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