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Gojushiho Sho Bunkai **22 Historical Karate**
Quotes That Might Shock You *Practical Kata*

Bunkai: Passai / Bassai-Dai (Gichin
Funakoshi's Ude Wa \u0026 Ebi Gatame)

Practical Kata Bunkai: Naihanchi / Tekki

Basic Clinch Bunkai \u0026 Drills **Nakamura**

Ayano JPN - Gojushiho dai ~~The Secret of the~~
~~Shotokan Karate Kata Kanku Dai | JKA Karate~~
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(Japan) - Gojushiho Sho Goju shi ho dai -
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Kagawa-sensei demonstrating beginning of kata
gojushiho-sho

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

Kunio Kobayashi JKA Shotokan kata Gojushiho
Sho ~~Practical Kata Bunkai: Gojushiho Sho and
Dai Bearhugs Escapes~~ **Practical Kata Bunkai:
Flow drill for the first quarter of Kanku-Dai
/ Kushanku / Kosokun** Team Kata + Bunkai

~~GOJUSHIHO SHO by France National Team 21st
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Kata GOJUSHIHO SHO by Jonathan Mottram (ENG)

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August 30, 2013. by. Masatoshi Nakayama
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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

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