



Kanryo Higashionna Sensei
Founder of Naha Te

A Goju Ryu Guidebook: *The* *Kogen Kan* *Manual for Karate*



Chojun Miyagi Sensei
Founder of Goju Ryu

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Traditional
Okinawan

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Goju Ryu
Karatedo

By
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Goju Ryu Manual

Lauren Gardner

A red circular graphic with a gradient, appearing as a stylized sun or a decorative element, located to the right of the author's name.

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