# <u>Goju Ryu</u> Guidebook:



Kanryo Higaonna Sensei Founder of Naha Te





Chojun Miyagi Sensei Founder of Goju Ryu

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Goju Ryu Karatedo

By Michael P. Cogan, MSE Forward By Franco Sanguinetti

# **Goju Ryu Manual**

**Karin Nielsen-Saines** 

#### Goju Ryu Manual:

A Goju Ryu Guidebook Michael P. Cogen, Michael P. Cogan Mse, 2003 A Goju Ryu Guidebook The Kogen Kan Manual for Karate gives the reader a tool to navigate the history exercises equipment techniques kata forms and kumite sparring of Okinawan Goju Ryu Karatedo The purpose of this guidebook is to serve as a training aid in furthering the development of karate students and instructors from the Kogen Kan specifically and all karate students generally however if it helps only one person then I will consider it a success Please keep in mind that much of this information is in notation form and may only make sense with proper instruction This guidebook is only a tool to help in the retention of instruction and is not a substitute for it Also please keep in mind that although others have assisted with this guidebook all errors are my own This guidebook is formatted in such a way as to be the beginnings of a filing and retrieval system As each student collects more information they can organize it by adding it to the notes area of the respective sections It is hoped that all students will research collect and share material about karate It is this type of systematic approach that brings science to the art It is also written so that a lesson plan can be developed quickly by choosing one or more activities from several sections If more details are needed while teaching they can guickly referenced in the rest of the manual Each chapter is given a table of contents to further hasten referencing It has a spiral coil binding so it will lay flat for easy viewing during training Large font also helps in referencing the information from a distance Much of this guidebook is written in Japanese This is done for two reasons first it is important to learn Japanese as it will help standardize everyone s martial arts training and secondly this will help keep this information in the purview of the serious It is a barrier which will hopefully weed out some who may not use the martial arts for purposes which they were intended namely the protection of self and others Thank you for reading this guidebook Michael P Cogan MSE Goju-Ryu Manual ,2019 Goju-Ryu Okinawakan C. Michial Jones, 2017-09-06 This is the official training manual of the Goju Ryu Okinawankan Karate do Kyokai International or Okinawakan International for the arts of Okinawan Gojuryu and Ryukyu Kobujutsu Within this manual you will find history boigraphies lineage terminology etiquette promotional requirements from White Belt to 5th Degree Black Belt Hojo Undo and Ryukyu Kobujutsu This manual will assist you in your journey along the path that is karate do and Kobujutsu While it is meant to be a guide as you progress through the ranks it is sure to become a constant companion Goju-Ryu Futari Geiko C. Michial Jones, 2015-12-10 Goju Ryu Futari Geiko draws extensively on the authors 39 years of personal experience training and research in Okinawan GojuRyu Karate do This work covers blocking drills Sandan Gi Ippon Kumite Nihon Kumite Rensoku Waza flow drills kakie and kumigata ranging from simple to complex partner training drills that will benefit not only the novice but also the most experienced karate ka If you are looking for training drills from Old style Okinawan karate look no further Black Belt ,1983-01 The oldest and most respected martial arts title in the industry this popular monthly magazine addresses the needs of martial artists of all levels by providing them with information about every style of self defense in the world including

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