



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

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*Forward By*  
Franco Sanguinetti

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# Goju Ryu Karate Manual

**Patrick Vollmar**

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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