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**7 Kata Study | Goju-ryu | Meitetsu
Yagi** Especially, If you're black belt
holder, please watch this video.

Gekisai1&2, Saifa, Shisochin, Sanseiru, Seisan, Seipai

□□□□ ...

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Kata in Okinawan Karate Kata in **Okinawan Karate**. Part of the series: Beginning **Okinawan Karate. Katas** are Karate moves made into forms or sequences ...

13 Okinawa Goju Ryu Kata Edit: We have added timestamps below so that you may go directly to the **kata** of your

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choice. In 1997 I visited the Jundokan dojo ...

48 Reflections Classical Okinawan Art Chris Thomas explores the question: Are practical bunkai for karate **kata** genuine **Okinawan Martial Arts**, or are they straying from ...

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*Okinawa All Karate Schools Katas
Exhibition 2015* Okinawa All Karate
Schools **Katas** Exhibition 2015.

Rohai by Jesse Enkamp Watch Jesse
Enkamp (The Karate Nerd) perform
Rohai, a classical kata from Okinawa -
the birthplace of Karate. Learn more:
[http ...](http://...)

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Traditional Karate : The Spirit of Okinawan Karate Vost français NHK World documentary about **Okinawan Karate** and the reasons leading foreigners to come and learn Karate in Okinawa.

Goju-Ryu Okinawan Karate | Tetsuhiro Hokama Sensei (10th dan)

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| **Season 3 Episode 3** An exclusive video interview with 10th dan Goju-Ryu Karate legend, Tetsuhiro Hokama Sensei, filmed inside Hokama Sensei's ...

Okinawan Karate documentary

Okinawan Karate | Japanology Plus - TV - NHK WORLD Alongside karate, the various "ways of the warrior" that Japan

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has ...

Applications of Kata in Okinawan Karate Applications of **Kata** in **Okinawan Karate**. Part of the series: Beginning **Okinawan Karate**. The **katas** of Karate are useful training ...

Karate gojuryu okinawa_karate

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***(collection of okinawan karate
masters doing kata).wmv***

***Okinawan Karate Masters Kata
Demonstrations - Karate Day 2019***
Karate Day 2019 at the **Karate** Kaikan,
Okinawa, Japan Hono-Enbu Ceremony -
2019 〇〇〇〇〇〇〇〇 Yoshitaka Taira,
Hanshi ...

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Okinawan Karate - The Original

MMA Kata (traditional forms) are just movements of the human body. They are muscle-memory building tools used to get your body ...

Okinawa Karate Volume1 Part 1

Okinawa Karate Volume1 Part 1.

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Okinawan Goju-Ryu Karate-do

Katas, Higaonna Sensei Katas:

Sanchin (0:15) Sanchin Training (2:14)

Gekisai Dai-ichi (4:20) Gekisai Dai-ni

(7:07) Saifa (8:18) Seiyunchin (10:28) ...

Testing Breathing Kata in Okinawan

Karate Testing Breathing **Kata** in

Okinawan Karate. Part of the series:

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Beginning **Okinawan Karate**. In
breathing exercises of Okinawan ...

Okinawan karate master. Kata.

Sakumoto, Tohyama, Higaonna.

Фрагменты фильма - "Мастера каратэ
Окинавы".

Kata Demonstrations - Kokusai

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**Street, Naha City, Okinawa for
Karate Day 2019** Names of the **kata**
and karateka will appear over the next
few days when I sort them out! This
video is not particularly cinematic, ...

3 basic kicks of Okinawan Karate
Classical Okinawan Martial Arts
taught by Sensei Nick Flores.

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