



Okinawan Goju-Ryu: Fundamentals of Shorei-Kan Karate (Japanese Arts)

Seikichi Toguchi

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An instructive text on the etiquette, kata, stances and powerful techniques of the renowned goju-ryu system as practiced in Okinawa. Includes a detailed section on sanchin breathing and step-by-step photos with foot patterns. Fully illustrated. 192 pgs

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