

GOJU RYU GEKISAI DAI ICHI KATA SEQUENCE

Elin Starck

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Birmingham Goju-Ryu Karate Academy - Katas

This page will help you to learn the Goju-Ryu kata - Gekisai Dai Ichi. This is the first kata for Goju-Ryu Karate.

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Gekisai Dai Ichi - Black Belt Wiki

The purpose of this guide is to help the beginner who is trying to learn the Kata in his or her own time. There is no real substitute for a competent instructor, fellow.

Goju Ryu Gekisai Dai Ichi Kata Sequence: Tom Hill: Telegraph bookshop

Gekisai dai ichi means to defeat by smashing or demolishing (Originally to teach the Gekisai Kata in depth as a regular part of Goju Ryu in his own Dojo.

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