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Gojushiho dai The Secret of the Shotokan Karate Kata Kanku Dai | JKA Karate 2020 | Karate Coaching: 41 Moto Kazumasa (Japan) - Gojushiho Sho Goju shi ho dai - Fast \u0026 Slow | Shotokan Karate Kata by Fiore Tartaglia

Kagawa-sensei demonstrating beginning of kata gojushiho-sho

Luca Valdesi - Kata Goju Shiho-Sho - 21st WKF World Karate Championships Paris Bercy 2012

Kunio Kobayashi JKA Shotokan kata Gojushiho Sho Practical Kata Bunkai: Gojushiho Sho and Dai Bearhugs Escapes **Practical Kata Bunkai: Flow drill for the first quarter of Kanku-Dai / Kushanku / Kosokun** Team Kata + Bunkai GOJUSHIHO SHO by France National Team - 21st WKF World Karate Championships Karate Kata - Gojushiho Sho Tutorial || Kata Performance

Kata GOJUSHIHO SHO by Jonathan Mottram (ENG) - 21st WKF World Karate Championships

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KARATE D? KATA - Master Dario Marchini - Trailer Volume 2 **Best Karate Vol 11 Gojushiho Best Karate, Vol.11: Gojushiho Dai, Gojushiho Sho, Meikyo (Best Karate Series) Paperback - August 30, 2013. by. Masatoshi Nakayama (Author) \u2022 Visit Amazon's Masatoshi Nakayama Page.**

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Recommendations – HIS Karate-Do

Best Karate Vol.7 Jitte, Hangetsu, Empi \$ 32.95 The three kata in this volume are on the JKA recommended list and are notable for the sticklike use of the arms – Jitte, the circular movements of hands and feet coordinated with breathing – Hangetsu, and easy, agile movements, combined into continuous techniques – Empi

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