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Pan-american goju & usa goju ryu black belt

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Seibukai

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History | iogkf-usa

The art of Naha-te, founded by Kanryo Higaonna Sensei, forms the basis of Goju Ryu Karate. Kanryo Higaonna Sensei was born in 1853 and was part of the lower gentry.

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A Goju Ryu Guidebook: The Kogen Kan Manual for Karate gives the reader a tool to navigate the history, exercises, equipment, techniques, kata (forms) and kumite

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