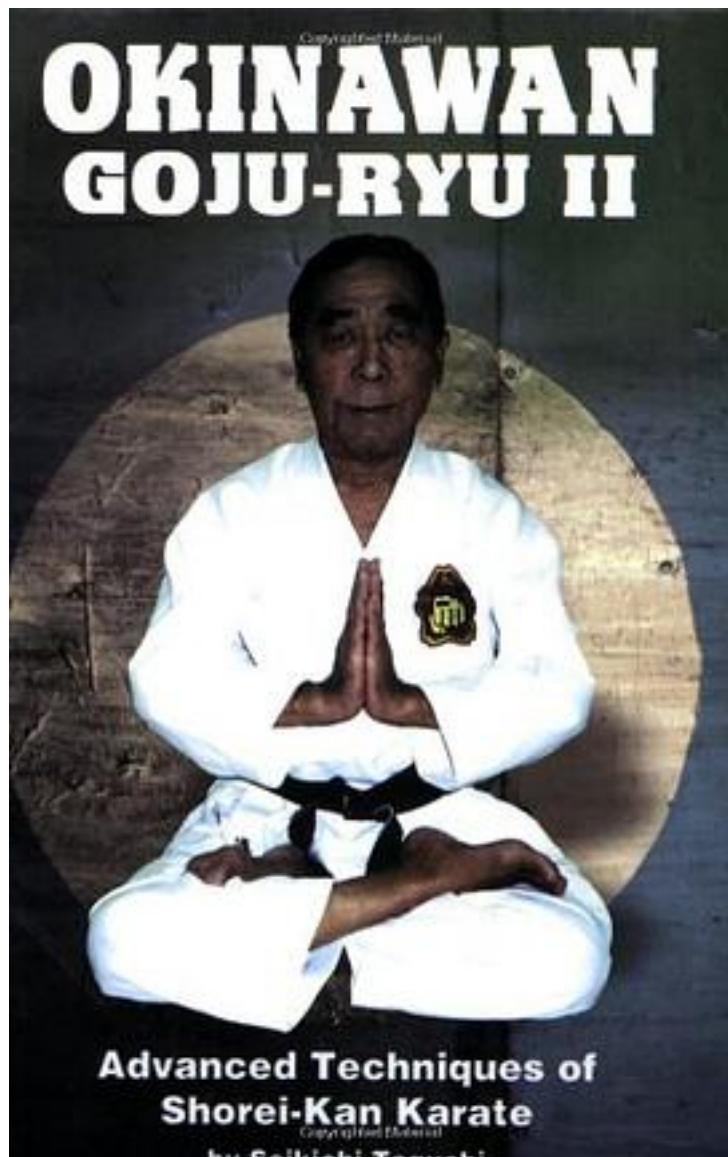


Okinawan Goju-Ryu II



[Okinawan Goju-Ryu II_下载链接1](#)

著者:Toguchi, Seikichi

出版者:Ohara Pubns

出版时间:2001-1

装帧:Pap

isbn:9780897501408

In this highly anticipated sequel to his classic 1976 guide to goju-ryu fundamentals, the author recounts his personal history of Okinawan goju-ryu karate and provides readers with a profile of his teacher, Chojun Miyagi, and Miyagi's assistant, Seko Higa. Okinawan Goju-Ryu covers advanced kata, its evolution and its importance. Step-by-step photographs throughout the book show the advanced techniques of shorei-kan karate, including stances, strikes, blocks, kicks and two-man training styles.

作者介绍:

目录:

[Okinawan Goju-Ryu II 下载链接1](#)

标签

评论

[Okinawan Goju-Ryu II 下载链接1](#)

书评

[Okinawan Goju-Ryu II 下载链接1](#)