



Entering Through the Gateway of Gojuryu

C. Michial Jones

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Entering Through the Gateway of Gojuryu C. Michial Jones

This book draws extensively upon the author's 34 years of personal experiences, training, research and discussions with some of the world's most prominent masters. This work contains several topics, such as, History, Biographies, karate morality, kihon, kata, kumite, kakie, self-defense, junbi undo, hojo undo and related topics, it is aimed at the beginning student to assist them in their journey along the path of Gojuryu, however, it may be used as a guide by other's interested in Okinawan Gojuryu Karate-do, and even the veteran karate-ka may find it a useful tool. Forewords by Phillip Koeppel, R. Choji Taiani, Roy Hobbs, Dennis May and Len Pellman.



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