
Koï U Ryuì Hoì Shinchosha

compilation of sword forms and names from various sources ... - 1 compilation of sword forms and names from various sources a - tosa eishin ryu iai -jutsu - iwata norikazu hanshi 1 sei za no bu - 11 kata **goju ryu karate do** - goju ryu karate do hoei juku specific dojo rules warm-up exercises the kyu/dan grade (coloured belt) system the dojo kun stances of goju ryu footwork and movement kata breathing kumite - practice fighting natural weapons of the body training combinations the 10 one-step moves explained the syllabus for promotion gaining the winning edge martial arts injuries goju ryu terminology notes ... **shorinji kempo - kobudo center** - kyu 5 gakka kyu 5 1. why do you want to study martial arts? why did you choose shorinji kempo instead of another martial art? 2. what do you nd the most interesting about shorinji **glossary - koryu books** - hachimaki [