

*Goju Ryu*

TECHNICAL SERIES • PART V

# 剛柔

*Merio Higashina*

OTU DAN HONSHU

# Goju Ryu Karate Technical Series 5 Sesan Suparinpei Tensho Tsunami

**Giles Hopkins**



## **Goju Ryu Karate Technical Series 5 Sesan Suparinpei Tensho Tsunami:**

*Suparinpei* Giles Hopkins, 2021-05-11 An illustrated step by step guide to the structure themes and techniques of Suparinpei the last kata of Goju ryu Suparinpei or Pechurin is the highest and most difficult kata in the Goju ryu system of Okinawan karate Its performance has long been reserved for high level practitioners its history and applications obscured by misunderstanding and misinterpretation In this indispensable manual by experienced master Giles Hopkins readers will learn the skills techniques and bunkai of this little understood kata step by step Suparinpei explores the initial receiving bridging controlling and lethal finishing techniques in sequence and offers illustrations of both the applications and movements of Suparinpei Hopkins questions conventional interpretations of kata movements suggesting instead that there is only one originally intended application for each move in kata and that each is to be understood in sequence and not as isolated components This strict interpretation of kata movements reveals not only realistic self defense executions but also potentially the original intent of kata      **The fundamentals of goju-ryu karate** Norimi Gosei Yamaguchi, 1974      *Fundamentals of Goju-ryu Karate* N. Gosei Yamaguchi, 1975      Okinawan Goju-Ryu Karate Teruo Chinen, 2000-01-01 Volume 1 features goju ryu warm ups sanchin kata nigiri gami gekkisai dai ichi kata gekkisai dai ni kata and san dan gi Volume 2 includes junbi undo hojo undo tensho kata saifa kata kigo undo and seyunchin kata Volume 3 covers hojo undo and junbi undo shisochin kata kigu undo ishi sashi stone hand weights sanseiru kata and seipai kata Volume 4 features hojo undo kururunfa kata kigo undo chi ishi stone weights on a stick seisan kata and kigu undo tan heavy log Volume 5 covers kigu undo makiwara pinchurin kata and kakie sticky hands

## **Goju Ryu Karate Technical Series 5 Sesan Suparinpei Tensho Tsunami Book Review: Unveiling the Magic of Language**

In an electronic digital era where connections and knowledge reign supreme, the enchanting power of language has become apparent than ever. Its ability to stir emotions, provoke thought, and instigate transformation is actually remarkable. This extraordinary book, aptly titled "**Goju Ryu Karate Technical Series 5 Sesan Suparinpei Tensho Tsunami**," compiled by a very acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound effect on our existence. Throughout this critique, we will delve into the book's central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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