

Basic Gojuryu Karate do Kihon Waza by Glenn Stephenson Activities

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Gojuryu Karate do beginners Basics

Basic Gojuryu stances <https://youtu.be/axamqAROHgE>

Gojuryu punching and blocking <https://youtu.be/kX0eQzHOV5I>

Elbow & Back fist strikes <https://youtu.be/OMHu0-Z1xZY>

Open handed strikes and block https://youtu.be/z_rRDKDnLKc

Double blocks and strikes <https://youtu.be/ul6H8erLKhg>

First 3 Kata needed for development in Gojuryu Karate do

Youtube Video Clips Glenn Stephenson

Tagiyoki Jodan kata <https://youtu.be/wAsQcsDd--c>

Gekisai Ichi kata <https://youtu.be/5kJyTjlZZIo>

Sanchin Breathing Kata https://youtu.be/1v_Uk21FvhQ