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Activities

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Goju's Tai Sabaki

By Glenn Stephenson Shihan

Blitz asked me to do an article on one aspect of Goju so I did it on Tai Sabaki movement out of Seipai kata. I used the movements out of Seipai because you can use these in a number of different situations. I would like to thank Phil Chapman, Phil Gibson and Michael Cross for their time on this article and ask that all students support the Blitz Magazine by buying a copy. It is funny that both times that I have been published the guy on the front cover is doing a thigh kick.