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**Karate Vol**

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Gojushihō Dai

explained by  
Sensei Nemoto

von Bestshotokan

karate vor 1

Jahr 4 Minuten,

16 Sekunden

1.719 Aufrufe

Sensei Keisuke

Nemoto, 6th Dan,

JKA, was our

guest instructor

in honor of

Shihan

Takashina's

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Training Camp.  
Sensei ...**

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**Nakamura Ayano  
JPN - Gojushiho  
dai von Karate-  
do Focus vor 3  
Jahren 3  
Minuten, 39**

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Best Karate Vol 11  
Gojushiho Dai  
Sekunden 9.462  
Gojushiho Sho  
Aufrufe 14th  
Funakoshi Gichin  
Cup , Karate ,  
-do World  
Championship  
Ladies  
Individual Kata  
Final 18-20th  
August, 2017  
Limerick,  
Ireland ...

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[Ryu](#)kyo

**Gojushiho -  
International  
Hayashi-Ha Shito-  
Ryu von  
hayashihakarate  
vor 9 Jahren 4  
Minuten, 15  
Sekunden 51.605  
Aufrufe View  
this video and**

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many more on http  
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Gojushiho Dai

Slow 〇〇〇〇〇〇〇

Shotokan Karate

Kata by Fiore

Tartaglia von

Fiore Tartaglia

vor 3 Monaten 4

Minuten, 13

Sekunden 3.440

Aufrufe The

original form of

the two Gojū-shi-

ho-Kata comes

from China and

was called

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Gojushihō Dai  
Gojushihō Sho  
Meikyū  
\**"Usēshi"**.  
Later two Kata  
were developed  
from it, ...

**SHŌTŌKAN RYŪ**  
**KARATE DŌ KATA -**  
**Master Dario**  
**Marchini**

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**KARATE DŌ KATA -**  
**Master Dario**  
**Marchini von**

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**Efficacia  
Dell'Arte vor 5**

**Jahren 2**

**Minuten, 54**

**Sekunden 9.221**

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Gojushihō Dai  
von John Burke  
Gojushihō Sho  
vor 2 Jahren 4  
Minuten, 11  
Sekunden 641  
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Gojushiho Sho

Final Female  
Kata. Rika Usami  
of Japan. □□□  
□□□□□

**Final Female**  
**Kata. Rika Usami**  
**of Japan. □□□**  
**□□□□□ von World**  
**Karate**  
**Federation vor 7**  
**Jahren 4**



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**Minuten, 14**

Gojushiho Sho

**Sekunden**

**15.882.838**

**Aufrufe**

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**41 Moto Kazumasa**  
**(Japan) -**

**Gojushiho Sho**

**von Alexander**

**Zorin vor 1 Jahr**

**2 Minuten, 21**

**Sekunden 12.374**

**Aufrufe 41 Moto**

**Казумаса**

**(Япония) -**

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Годзюшихо-шо.

Gojushiho Sho

Kata KANKU SHO

by Jonathan

Mottram - 21st

WKF World Karate

Championships

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**by Jonathan**

**Mottram - 21st**

**WKF World Karate**

**Championships**

**von Jesse Enkamp**

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Gojushihō Dai  
vor 8 Jahren 2  
Gojushihō Sho  
Minuten, 9  
Sekunden 285.581  
Aufrufe The kata  
KANKU SHO  
performed by  
Jonathan Mottram  
(ENG) at the  
21st World ,  
Karate ,  
Championships in  
Paris, France.

[MARCHINI teaches](#)

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[Empi \(1\)](#)  
Gojushiho Sho

**MARCHINI teaches  
Empi (1) von  
sroedner vor 12  
Jahren 9  
Minuten, 31  
Sekunden 20.056  
Aufrufe On the  
occasion of a  
training course  
held in 1992,  
Dario Marchini  
teaches the Empi**

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**Gojushiho Sho  
Bunkai von  
Martín de  
Baeremaecker vor  
7 Jahren 4  
Minuten, 39  
Sekunden 20.107  
Aufrufe Examen  
4° Dan Valeria**

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Gojushiho Dai

Rodriguez.

Gojushiho Sho  
Participantes:

Valeria

Rodriguez,

Federico

Pagnussat,

Martín de

Baeremaecker.

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Sonia Fiuza](#)

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Gojushiho Dai  
Gojushiho Sho  
SF Karate

Training vor 6  
Jahren 5  
Minuten, 32  
Sekunden 58.441  
Aufrufe Kata ,  
Gojushiho , Sho  
dans une version  
lente et  
détaillée puis  
dans une version  
dynamique +



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Gojushiho Dai

**astuce de Sonia.**

Gojushiho Sho

**GOJUSHIHO SHO**

**KATA SHOTOKAN** □□

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**KATA SHOTOKAN** □□

**von Jason Leung**

**vor 5 Monaten 1**

**Minute, 41**

**Sekunden 3.189**

**Aufrufe KUMITE**

**COMBOS**

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Gojushiho Dai

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MJHRt7ifaGKPvnTh

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kata](#)

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shukokai karate  
kata von Kansai**

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Gojushiho Dai  
Karate Academy

Gojushiho Sho  
vor 2 Jahren 5

Minuten, 42

Sekunden 3.177

Aufrufe Shinichi

Mizoguchi Sensei

(5th dan)

demonstrating

the shitoryu

shukokai ,

karate , kata ,

Gojushiho , .

[Practical Kata](#)

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Bunkai:  
Gojushiho Bunkai  
Drill

**Practical Kata  
Bunkai:  
Gojushiho Bunkai  
Drill von practi  
calkatabunkai  
vor 6 Jahren 3  
Minuten, 19  
Sekunden 20.830  
Aufrufe [http://w  
ww.iainabernethy](http://www.iainabernethy)**

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Gojushiho Sho  
Miki  
drill is a quick  
summation of  
some of the ,  
Gojushiho ,  
bunkai we  
covered over a  
weekend in ...

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