Goju - As Explained by the Karate Dojo Online Video training Series by Lexordaren

Article published on February 25th 2012 | Sports

Goju-ryu (translated as â€œhard/softâ€• school) Karate traces its roots to Okinawa and recognizes Chojun Miyagi (Miyagusuku in Okinawan) as the one who originally brought the art to Japan during the early 20th century. Unlike some other Karate styles, which emphasize flashier kicking combinations or long range punching techniques much like Northern Kung-fu systems, Goju continues to be true to its roots in Fukien, China as a hybrid style with emphasis on â€œsanchinâ€•, which is a focused breathing technique, close range fighting, and circular blocks to complement the assortment of punches and kicks that are also integral to the art. In Japan, Goju Karate was popularized by the late Gogen â€œThe Catâ€• Yamaguchi, who was famous for his long hair and disciplined, dedicated approach to living the martial arts.

The Karate Dojoâ€™s Training Video collection offers a video series of DVDs that will give you an introduction to Goju-ryu Karate with the convenience of home study. Although it cannot replace fully qualified instruction, the DVDâ€™s covers the fundamentals of Goju and reveal many of the artâ€™s uniqu techniques, applications and kata (forms). Beginning students who're studying the art will find these DVDs to be a great learning aid. Intermediate or advanced students of other martial arts systems will find useful information in these videos to either supplement their present training or perhaps pique their curiosity into more formal study of this classic Okinawan art.

Online Karate Training offers the convenience of observing and reviewing different techniques at an individual, comfortable pace in a private setting. There isn't any pressure and one can rewind and freeze frame as much as desired without fear of missing any details that might occur in a class setting.

A lot of people in the West have seen Goju karate, though they may not be aware of it. Japanese movie star Shinichi â€œSonnyâ€• Chiba (â€œKill Billâ€•) demonstrated sanchin and numerous other Goju techniques in his â€œStreetfighterâ€• series along with other action films of the 70â€™s. Pat Moritaâ€™s Mr. Miyagi in the original â€œKarate Kidâ€• movies is a direct tribute to this particular Okinawan Karate style.

Master Instructor Belfour Wright has been teaching the martial arts for many years and has many students throughout the country. Using state of the art modern video technology, he hopes that The Karate Dojoâ€™s Training Video series on Karate and other systems will be a benefit to martial art students from all levels and backgrounds. While self-teaching is not an ideal way to learn, these videos demonstrate the proper fundamentals essential for future advancement in the art. Caution is mandatory if practiced unsupervised.

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a Goju is a useful activity that will help your child to learn self defense. For further details, please see the a www.thekaratedojo.us.

Article Keywords:

Goju, karate, karate online

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