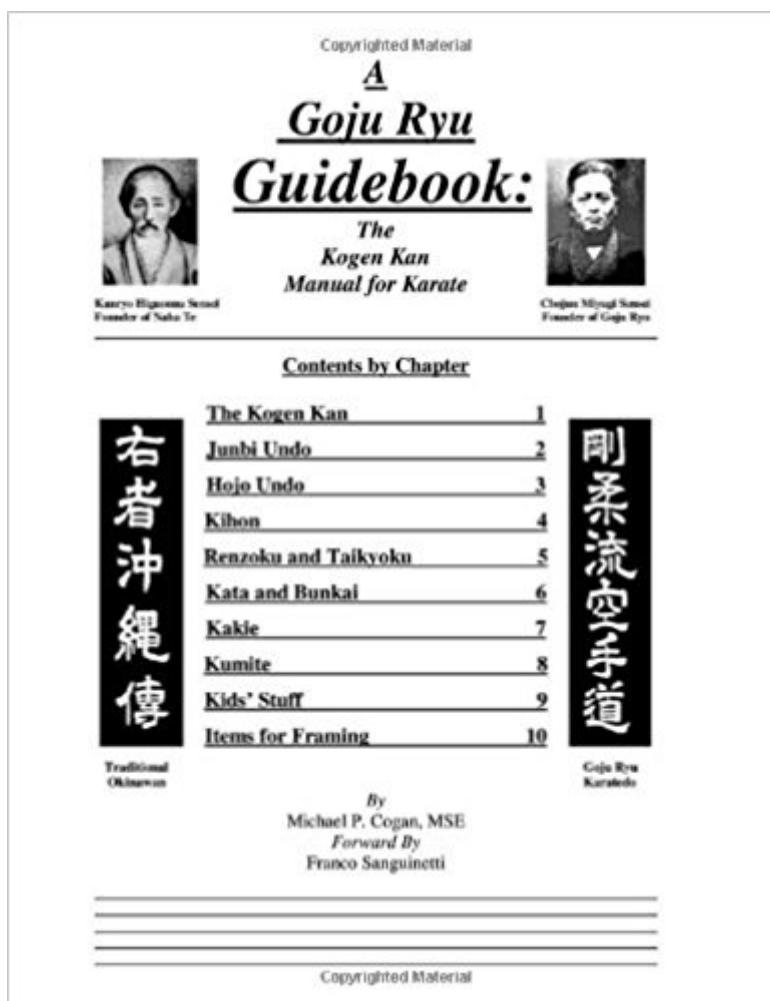


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A Goju Ryu Guidebook: The Kogen Kan Manual For Karate



Synopsis

A Goju Ryu Guidebook: The Kogen Kan Manual for Karate gives the reader a tool to navigate the history, exercises, equipment, techniques, kata (forms) and kumite (sparring) of Okinawan Goju Ryu Karatedo. The purpose of this guidebook is to serve as a training aid in furthering the development of karate students and instructors from the Kogen Kan specifically and all karate students generally; however, if it helps only one person, then I will consider it a success. Please keep in mind that much of this information is in notation form and may only make sense with proper instruction. This guidebook is only a tool to help in the retention of instruction and is not a substitute for it. Also, please keep in mind, that although others have assisted with this guidebook, all errors are my own. This guidebook is formatted in such a way as to be the beginnings of a filing and retrieval system. As each student collects more information, they can organize it by adding it to the "notes" area of the respective sections. It is hoped that all students will research, collect and share material about karate. It is this type of systematic approach that brings science to the art. It is also written so that a lesson plan can be developed quickly by choosing one or more activities from several sections. If more details are needed while teaching, they can quickly referenced in the rest of the manual. Each chapter is given a table of contents to further hasten referencing. It has a spiral coil binding so it will lay flat for easy viewing during training. Large font also helps in referencing the information from a distance. Much of this guidebook is written in Japanese. This is done for two reasons: first, it is important to learn Japanese, as it will help standardize everyone's martial arts training; and secondly, this will help keep this information in the purview of the serious. It is a barrier, which will hopefully weed out some who may not use the martial arts for purposes which they were intended, namely the protection of self and others. Thank you for reading this guidebook. Michael P. Cogan, MSE

Book Information

Spiral-bound: 191 pages

Publisher: Trafford (June 2003)

Language: English

ISBN-10: 1553958462

ISBN-13: 978-1553958468

Product Dimensions: 0.5 x 9 x 11 inches

Shipping Weight: 1 pounds (View shipping rates and policies)

Average Customer Review: 3.2 out of 5 stars 6 customer reviews

Best Sellers Rank: #2,405,223 in Books (See Top 100 in Books) #36 in Books > Sports & Outdoors > Individual Sports > Juggling #5157 in Books > Sports & Outdoors > Individual Sports > Martial Arts #26073 in Books > Health, Fitness & Dieting > Exercise & Fitness

Customer Reviews

Michael P. Cogan, MSE is a Nidan in Okinawan Goju Ryu and has been a professional educator for 14 years. He has a Master's Degree in Special Education. He has received Letters of Commendation for meritorious conduct from Mary B. Perry High School of the California Department of the Youth Authority and the University of California Los Angeles (UCLA) Neuropsychiatric Institute.

This book was better on the kindle. This book could have been better edited by a professional editor. Other than that the information was solid, just jumbled together. I can only recommend getting this book only if you are a GOJU Ryu practitioner who knows what they are reading. It is not newbie friendly.

when the writer goes into kata there should be some better instruction and pictures perhaps we will see some on specific kata covered in this book katas of this style have always been interesting to myself

Our organization has embarked on the same path. The book covers all aspects for the inexperienced instructor. We would like to use most of the contents with permission.

Very balanced historical review of Okinawa Goju Ryu giving due credit to the masters from different schools. Really did a nice job putting this information together.

Doesn't really give much on Goju Ryu.

I needed a detailed written and illustrated guidebook to help me with my goju trainings. And chapter names suggested that the book is the solution. But it's not. It's a textbook with almost no illustrations so it's really hard to imagine how should I move in a kata or bunkai, or other techniques.

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