

Kihon

Basics

Stances and stepping

Students learn the basic stepping patterns of Goju-Ryu, and spend considerable time walking the dojo floor using the Sanchin stepping method. Once students reach the level to learn Seiunchin kata, considerable time is also spent in Shiko-Dachi, which is very similar to the commonly-known "horse-riding" stance.

Blocking

Students will learn both closed-hand and open-hand blocks / parries which will vary in application from offensive destruction of the attacker's limb to softer, grasping blocks that will assist the karateka in pinning, or locking the attacker.

Hand Strikes

Goju-Ryu students will learn to utilize various parts of their hands and arms as weapons. Considerable time will be devoted to both determining the appropriate anatomical targets for each weapon, and preparing these weapons for actual use through various Hojo Undo exercises.

Kicks

Goju-Ryu students will learn to utilize their legs to perform hooks, pushes, and strikes to the lower section of their opponent's anatomy. Goju-Ryu leg techniques tend to be overlooked by many, however Goju-Ryu contains a tremendous amount of sophisticated lower-body work.

Note: it is important that once a student progresses to the point of being able to concentrate on both upper and lower-body movements at once, training time should be maximized to always train both upper and lower body movement.

Likewise, once the student can be trusted to control their techniques they should be placed with partners during kihon practice. This will allow the students train upper and lower body techniques while at the same time training distancing, timing, perception, etc.