



# Goju Ryu Gekisai Dai Ichi Kata Sequence

Tom Hill

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The purpose of this guide is to help the beginner who is trying to learn the Kata in his or her own time. There is no real substitute for a competent instructor, fellow students and a Dojo. However, this guide may help the beginner practice alone or with a friend in their own time and at their own pace and convenience. It is hoped that the instructions, diagrams and pointers provided here will help produce a better understanding of the Kata in a shorter time, when other facilities are unavailable.



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