

# How To Hold A Sai

D Kirk

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international federation of wado ryu  
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instructors hold a current working with

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web the four major karate styles  
developed in japan especially in  
okinawa are shotokan wado ryu shito  
ryu and goju ryu many other styles of  
karate are derived from these four the  
first three of these styles find their  
origins in the shorin ryu style from  
shuri okinawa while goju ryu finds its  
origins in naha

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web nov 1 2023 in karate wado ryu is  
translated as way of harmony or peace  
its distinctive feature is that it focuses  
especially on the promotion of harmony  
what fascinates me about this karate  
style is its principles such as maai tai  
sabaki etc and some body movements  
for self defense

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punches zuki tsuki punch empi elbow  
strike gyakuzuki reverse punch haishu  
back hand haito ridge hand hitosashi  
ipponken knuckle strike 2nd knuckle of  
index finger ippon nukite one finger  
spear hand junzuki forward punch  
koken uchi wrist strike with the back of  
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web the name wadō ryū has three parts  
wa dō and ryū wa means harmony dō  
same character as tao means way and  
ryū means school or style harmony  
should not be interpreted as pacifism it  
is simply the acknowledgment that  
yielding is sometimes more effective  
than brute strength

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one of the four major styles of  
traditional karate wado ryu boasts a  
rich history of its own and has evolved  
as a unique style of budo it  
incorporates a mix of ju jutsu and  
elements of ken jutsu and okinawan  
karate distinguishing itself from other  
karate styles

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web in 1951 Ōtsuka awarded tatsuo  
suzuki the rank of 5th dan the highest  
rank awarded in wadō ryū at that time  
in 1952 the wadō ryū headquarters  
honbu was established at the meiji  
university dojo in tokyo in 1954 its name  
was changed to zen nippon karate  
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martial art born from the essence of  
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timeline of the development of wado ryu karate do 1300 karate takes its early origins from the ryukyu islands now called okinawa japan  
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web wado ryu means the style of peace and harmony the style believes more in yielding instead of using sheer brute force against the opponent it is a style for self defense wado ryu isn't strictly an art of karate instead it comprises of shindo yoshin ryu jujutsu and modern day karate techniques

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