

Traditional Goju Ryu Karate

Kakurin Kan offers a professional and caring environment, free of politics and ego.

Studies include 3 volumes of textbooks and DVD/Video that are a valuable resource and reference guide to students from beginner to Instructor level.

Our classes are friendly, structured and relaxed. They consist of hard basics, study of Kata (the Forms) with a strong emphasis on the training and understanding of bunkai. Principles contained in the bunkai are also practiced in unique and combat effective sensitivity partner drills.

The Kata practised in Kakurin Kan Dojo

Each Kata contains different themes and power generating principles.

Classic Curriculum: Fundamental Kata

- GEKASAI DAI (ich)
- GEKASAI SHO (ni)
- SANCHIN
- TENSHO

Classic Curriculum: Intermediate Kata

- SAIFA
- SANSEIRU
- SAINSHIN
- SEPAI

Classic Curriculum: Advanced Kata

- SAI SAN
- SHISHOCHIN
- KURARUNFA
- SUPAREINPAI

Additional Training Kata

- NIFUNCHI 1-3
- PINAN 1-5

Senior Instructor Kata

- SOCHIN
- UNSU
- KAKUFA (CRANE FIST)1-3
- NEPAI
- NEISAISHI