

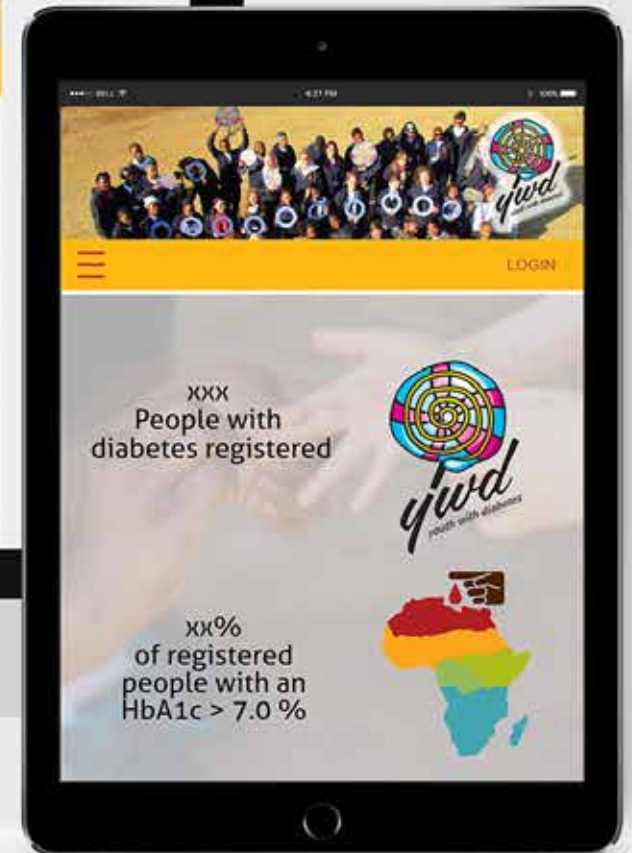


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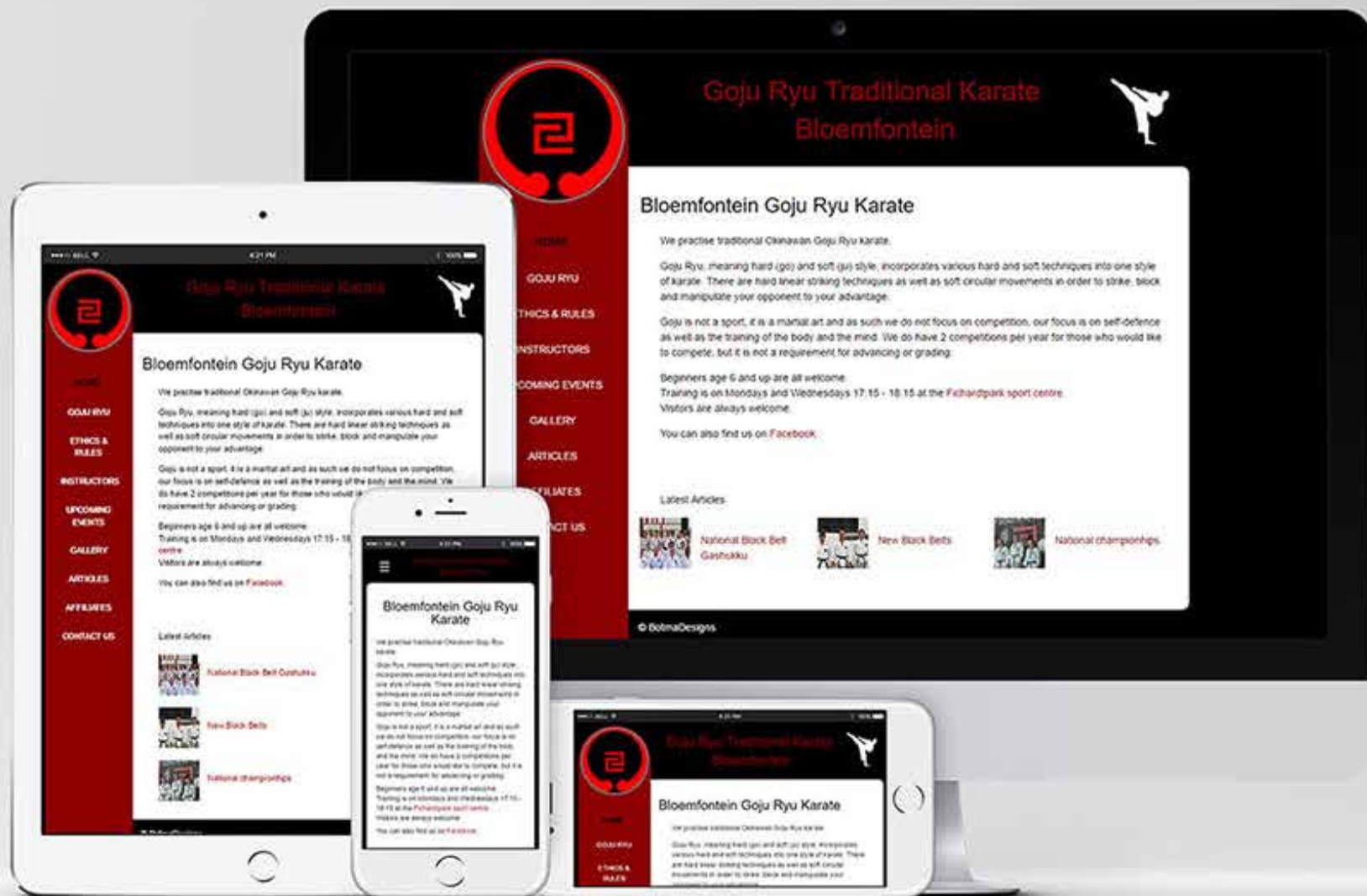




DIGITAL DRAWING



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# Goju Ryu Traditional Karate Bloemfontein



## Bloemfontein Goju Ryu Karate

We practise traditional Okinawan Goju Ryu karate.

Goju Ryu, meaning hard (go) and soft (ju) style, incorporates various hard and soft techniques into one style of karate. There are hard linear striking techniques as well as soft circular movements in order to strike, block and manipulate your opponent to your advantage.

Goju is not a sport, it is a martial art and as such we do not focus on competition, our focus is on self-defence as well as the training of the body and the mind. We do have 2 competitions per year for those who would like to compete, but it is not a requirement for advancing or grading.

Beginners age 6 and up are all welcome.  
Training is on Mondays and Wednesdays 17:15 - 18:15 at the Fichardpark sport centre.  
Visitors are always welcome.

You can also find us on Facebook.

### Latest Articles



National Black Belt  
Gashukku



New Black Belts



National championships

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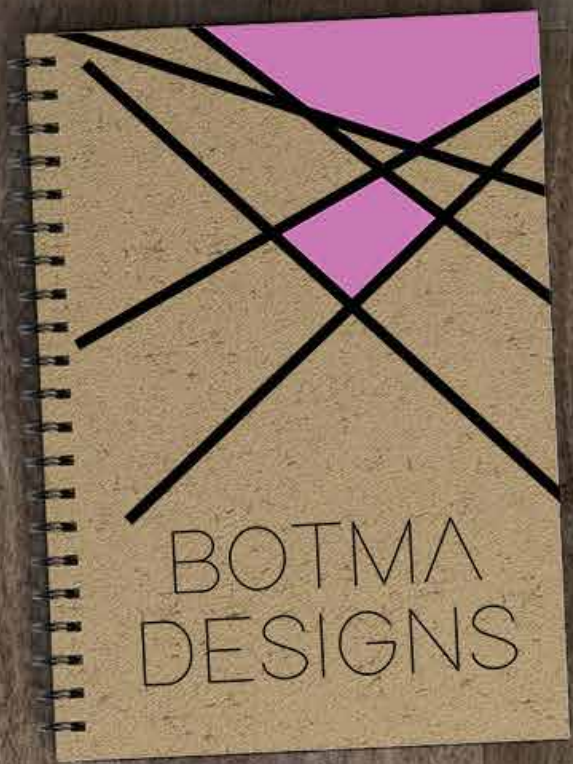
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