

Goju-ryu Karate-do is a mixture of traditional martial arts in Okinawa and traditional martial arts, mainly Chinese Nanpa Kenjutsu in Fuchien province, China. During Ryukyu age, peasants couldn't have any arms because of the government's power policy.

These peasants who developed martial arts called Te, fought with bare foot and bare hands. This martial arts was the beginning of Karate, and later, it was called To-dei.



On the process of spreading over in Okinawa, Naha-te, Shuri-te, and other Style's origins were established. Goju-kai, which originated from Naha-te was established by Chojun Miyagi Sensei, who was a disciple of Kanryo Higaonna Sensei, the master of Naha-te. At the age of 16, Chojun Miyagi went to China and studied Karate under many renowned Karate masters. He also studied about theory and completed special breathing way called "Kisoku no Donto".

Goju-ryu named after a line from Chinese old literature named "Bubishi". Chojun Miyagi improved old training way and established rational program including warming-up exercises, Kihon-kata, and Kaishu-kata, assistant exercises and so on. He thought character building was important so he left many his words.

In the year 1937, Dainippon Butoku-kai awarded him the title, "Karate-do Kyoshi-go". Karate-do received a good reputation and this moment was a big step to spread Karate all over the Japan.

According to Goju-kai's spirit, all existence consists of Go, or hardness which becomes positive and Ju, or softness which becomes negative. At fight, Go becomes offence and Ju becomes defense for protecting us safety. Mixing Go and Ju leads a tranquil mental state to prevent the fighting.

The following are the persons who wrote and continue writing the Goju history.



[Chojun Miyagi](#) [Gogen Yamaguchi](#) [Goshi Yamaguchi](#) [Ingo De Jong](#) [Peter Passis](#)