

This edition addresses a few shortcomings in the Karate-ka's Kata toolbox.

As you know, there are many and complex reasons for the utter bilge still being promoted as 'Bunkai' particularly by groups associated with instruction from Japanese sensei who received their own training post the Introduction of Shotokan and the influence of Master Funakoshi.

Briefly, the most effective (read 'Dangerous') waza were eliminated from common Dojo training and practice was aimed at producing nice-looking, strong techniques, but wholly useless in the reality of defensive combat! The list of prohibited techniques and actions included: Striking vital points, grabbing, joint-locking, major throwing techniques, choking and strangling methods, kicking below the waist, attacking eyes and testicles, and so on. In short, it was just about the elimination of the most useful and effective 'tools' from the toolbox!

one (empty) hand when the other punches.

Obviously, in the format of a newsletter, it is Impossible to address all these elements, but from time to time I will be looking at each in turn.

This edition will start with Shime-Waza.

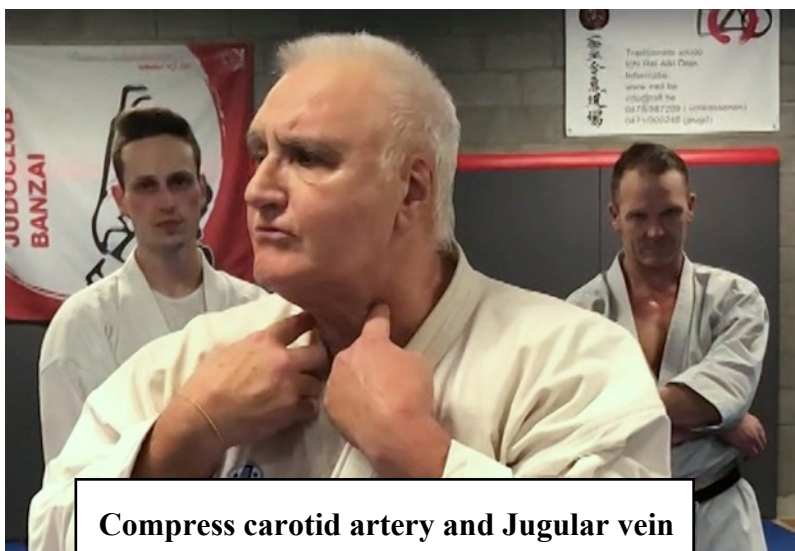
In the catalogue of waza under the heading of chokes and strangles, there are far more different versions than you may think, some involving the use of clothing (collars, lapels) others (referred to as 'Naked') are applied without needing to use any apparel, simply the hands, wrists and arms. Some are effective in a standing position, some from a ground-fighting position.

Undoubtedly, the most 'popular' is the rear naked choke - commonly referred to as the lateral vascular neck restraint, keeps the front of the assailant's neck left

training that teaches them to position themselves behind the assailant, thus minimising any personal physical risk. The most likely consequences of the blood choke is that the attacker will very quickly submit or lose consciousness. Either way, ending resistance. Once the choke is released, full return to consciousness will normally occur within 5-20 seconds.

This contrasts with the so-called 'Air Choke' (Hadaka-Jime) in which the forearm is positioned to the front of the throat, thus cutting off the air supply.

This former type of choke (the Rear Naked Choke) was deemed extremely useful in Law Enforcement and indeed in the Marine Corp defensive combat system. I taught it extensively to Military and in Police academies, and it can be found in a number of



Compress carotid artery and Jugular vein

The biggest contribution to the art of Karate made by Kissaki-Kai is the re-introduction of these and other banned waza, as well as repressing the use of unhelpful stances and techniques such as Hikite, automatically pulling back

unobstructed for breathing, and the technique is sometimes referred to as a 'Blood Choke' as its objective is to compress the carotid arteries and starve the brain of oxygenated blood. Students MUST learn to apply this technique safely through proper



the Kissaki-Kai videos.

Many experts argue that this technique causes less injury than a baton strike or a knockout punch. There is very little strength required to apply this technique, making it a useful tool for an officer who is smaller or weaker than the assailant.

It is a much used technique to end a contest in the MMA arena, for example. As an aside, I have been researching the cause of deaths recorded in MMA fights to date, and although there have been an unfortunate few, most

were the result of trauma to the head or an underlying physical health condition; *I could find none attributed to a choke hold of any description! As of 2023, there have been seventeen recorded deaths resulting from sanctioned mixed martial arts contests and nine from unregulated bouts, none however in the largest MMA promotion Ultimate Fighting Championship.*

Conversely, the method of forcing the forearm across the neck to tightly compress the airway (Air Choke - Hadaka-Jime) is considered far more dangerous to the life of an attacker and should never be used unless within the scenario of a life or death danger!

Another effective rear choke (Kata-Ha Jime) uses the lapel of the Gi or jacket to exert pressure on the carotid arteries (minimal pressure also being applied to the windpipe). One of the attacker's arms is raised upwards and controlled as part of the



technique.

There is also the simple front cross-choke (Kata Juji -Jime). The hands (palm up) are positioned as far up along side the neck, thumbs to the outside, fingers inside the lapel of the uniform. Once a solid grip is established the arms scissor open (elbows going outward) as

the opponent is pulled forward to create a powerful carotid choke.

In fact there is just no space here to look at all the different chokes and strangles, and I would warn all karate-ka against trying to learn them without a competent instructor. Moreover, it is certainly NOT advisable to devote time to mastering the ground fighting examples, as - even if you turn out to be the better fighter on the ground, we have seen too many examples of gratuitous kicks delivered by onlookers and passers-by which have ended with the defender in hospital or worse. Hence the Kissaki-Kai maxim - Do NOT fight on the ground - get up at once!



Juji-Jime often interpreted wrongly as Cross Block!

On the forthcoming seminar in April (Germany) Sensei Guy and I will be explaining some of these techniques in details, and introduce students to their effective use in defences against attacks of various types.



## THE CURRENT SITUATION

In May, 2023, a former U. S. Marine ended a disturbance and threats on a New York City subway with a choke, one that according to witnesses to the incident, lasted 15 minutes<sup>\*</sup>. The person died. The Marine disputes the time length and denies lethal intent, but nonetheless the man died. This caused a serious political incident and put the Marine under indictment for murder. One must be very cautious when doing any neck wrap choke-contact for criminal and civil problems. Did a restraint slip into a prolonged blood choke or an air choke? Did the hold last too long?

In a military context, other than when trying to capture prisoners for interrogation, a choke is a strangulation meant to kill the enemy. But for civilians using these chokes in a self-defense situation ?

These same legal-test concerns hold true for citizens. Civilians must be justified under a 'reasonable' deadly threat to justify the Air Choke against the windpipe to end an encounter.

Similarly, however, when the military are employed in a Peace-Keeping role, as with the UN. In any situation - unless under immediate danger of death, the objective is never to kill, but to detain and subdue!

When the George Floyd Justice in Policing Act of 2021 was introduced, part of its statutes includes prohibiting federal police officers from using choke holds or other carotid holds Thus in many States there was suddenly a ban on officers, in

most cases with a few exceptions, using these well-established and - if the evidence is considered carefully - reasonably safe control methods.

Now Law Enforcement has to resort to pepper spray and Tazers, neither of which have a brilliant success record.

Civilians, however, are still free to use these methods within the constraints of 'Reasonable Force!'



*Remember to check us out on the Vince Morris FaceBook page.*

*You are welcome to email for information or to ask questions. Also see dates on website for other seminars*

*[vincemorris@kissaki-kai.com](mailto:vincemorris@kissaki-kai.com)*



**Above you see an example of a technique (Juji-Uke) found in various Kata and invariably explained as a downward cross block.**

**In the majority of cases, it blatantly is not! Just another attempt by some sensei to convince their students that they know the 'secrets' of Kata by demonstrating their actual ignorance!**

**\*No choke is safe if held for more than about 10 -12 seconds!**

## Germany

**13/14 April 2024**

with Vince Morris 9th Dan Kissaki-Kai, Guy Janssens 7th Dan Kissaki-Kai, Eva Morris 5th Dan Kissaki-Kai, Werner Dietrich 4th Dan Karate

Location: 1. Bruchsaler Budoclub, Schwetzinger Str. 56, 76646 Bruchsal, Germany

Training times: Sat and Sun: 10:00-12:30h and 13:00-15:00h

Contact: [info@bruchsaler-budoclub.de](mailto:info@bruchsaler-budoclub.de) or 07251 / 83838



# 1. Bruchsaler Budo Club e. V.

zu den Wurzeln des Karate Do

„Tradition ist nicht die Aufbewahrung der Asche,  
sondern die Weitergabe des Feuers.“



## Vince Morris

9. Dan Kissaki Kai Karate  
Angewandtes Karate  
Kata und ihre Anwendungen  
mit Kampfkunsterfahrung  
von über 50 Jahren



**Eva Morris**  
5. Dan Kissaki Kai Karate



## Werner Dietrich

Ausbildungsreferent für Selbstverteidigung  
beim Verband für Gewaltprävention und  
Selbstschutz e. V. in Kooperation mit der  
Polizei Karlsruhe



**Guy Janssens**  
7. Dan Kissaki Kai Karate  
Ausbilder für EU

Bring protective equipment pads helmets if you have them!

**Samstag / Sonntag 13. / 14. April 2024**

### Trainingszeiten:

10:00-12:30 Uhr und 13:00-15:00 Uhr

Veranstaltungsort: Schwetzingen Straße 56, 76646 Bruchsal

### Gebühren:

Samstag oder Sonntag 40.- €

Kissaki Kai Mitglieder 35.- €

Jugendliche bis 16 Jahre 20.- €

beide Seminartage 70.- €

Kissaki Kai Mitglieder 60.- €

Jugendliche bis 16 Jahre 30.- €



Infos unter: [www.bruchsaler-budoclub.de](http://www.bruchsaler-budoclub.de) oder 07251 / 83838

Zur besseren Planung bitten wir um Anmeldung unter:

[info@bruchsaler-budoclub.de](mailto:info@bruchsaler-budoclub.de)

**Der Ausrichter übernimmt keinerlei Haftung !**