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About Kissaki-Kai

Many people in the world of the martial arts have become well acquainted with Kissaki-Kai and the effectiveness of the defensive techniques which it teaches, based often upon Kata Bunkai.

This little newsletter is to just give some extra background information, explaining more of the ethos behind the system.

For all information:

www.kissakikarate.com



Why Kissaki-kai?

- * Kissaki-Kai teaches effective defensive karate
- * Kissaki-Kai promotes reality in training
- * Sport & Fun are not forgotten!
- * Family atmosphere
- * No Politics
- * Not Style dependent.
- * Recognized world-wide
- * International Dojo



Shin Ippon Kumite- Close range training

TRAINING TIME

Just how much time should be allotted to training in specific techniques? A question asked by quite a number of both students and sensei.

I have spoken before of the problem of 'grasshopper' sensei, who – as a by-product of commercial demands to fill the Dojo - keeps the students' attendance rate high by continually moving on to something new, on the premise that the students are attracted to 'bright shiny objects' and must be indulged.

However, to begin to master effective techniques, the minimum training time for this memory-grooving to start to take place is about 15 minutes, and then this must be repeated many times.

This time interval is seldom allotted to one technique or combination. Usually after only a few minutes of stopping and starting (ostensibly for the sensei to correct bad practice) the students are moved on to

another combination or a further refinement of the original.

This seldom, if ever, allows the first waza to be properly assimilated, and in a few hours time the student will be hard pressed to remember it – even less to apply it correctly!

There is little wonder, then, that spontaneous reflex defences, triggered by appropriate stimuli, are seldom if ever learned by these students.

It might also be illuminating here to post in more detail about the physiological learning process which is a common function of the human body, and understanding how it works can guide the student into a better practice or training regime.

There are other points that I have to raise in connection, not just with Kissaki kai but with any martial art that considers itself to be based in realistic defensive training

The most important of these points is concerning the actual

training methods that a Dojo implements. Initially in a Japanese based Dojo such as the one that I trained in under numerous Japanese Sensei the system was based upon the tripos of Kata, Kumite and Kihon.

However, this system was very mechanical in design and actually did not allow much interpretation, if any, of the Kata in terms of Bunkai/Oyo - the actual applications of the defensive techniques found within the tool boxes which were in effect the initial reason for the designing of defensive karate in Okinawa.

Continuing to use Kissaki-Kai as an example, we have changed the emphasis from ritual to reality. In so doing, we have designed training methods which encompass the original purposes of karate, those being formulating defensive techniques and tactics aimed at building strong defensive defensive capabilities in the students.

This, however, meant that the



Shin Ippon Kumite seminar Germany 2025

syllabus itself had to be redesigned to take account of this shift back to the original concerns of the training.

For example, performance of the Kata in itself is not enough; Each student has to also demonstrate a knowledge of the actual defensive techniques contained within the Kata and to show that he or she can perform them according to the 'Rules of Combat' designed to make any technique more effective by initiating particular appropriate tactics to the situation.

The syllabus now also contains more appropriate Kata, such as Kansetsu-waza Kata, designed to give back to the students competence in grappling techniques and escaping techniques which were omitted from the system by Funakoshi sensei on his move to introduce it to Japan.

Likewise the study of choking and strangling techniques were also reintroduced for the same reason that, in today's dangerous world, they are vital necessities in anyone's defensive armoury.

A big addition was the study of the application of Kyusho-Jutsu, methods of striking and manipulating vital and vulnerable areas of the human body, also omitted by Master Funakoshi.

Each Waza has to be executed at as close to full power as is possible without causing damage to the attacker (Uke). To ensure their safety, each combatant wears protect equipment such as a helmet, chest guard and appropriate arm and fist pads. Thus impact power close to street reality is possible.

Then again, it was deemed necessary to bring back the study of fighting on the ground which was totally omitted from Funakoshi's version of Shotokan, for, as we know from real

life, there are very many times when the fight goes to the ground. (To be fair, the emphasis is very strongly upon getting up from the ground as quickly as possible, as being down on the floor gives much opportunity for the attacker's friends to get involved and cause considerable damage to the victim).

In addition to all this, we also introduced a section dealing with defences against various weapons frequently used against often un-armed victims.

It is patently obvious that the old tripos which in effect was sport based and was very seldom appropriate to defending against violent attacks, had to be superseded by a syllabus that concentrated upon the realities of the 21st century situations which prevailed throughout the world.

Truth to be told, many Sensei, beholden to their teachers and to the system in which they were training, did not relish the prospect of going back to basics and relearning effective techniques rather than impressive looking but ineffectual technique, as to do so, would be to step outside of their comfort zone.



Multiple attacker defences

Only students and teachers strongly committed to understanding and mastering real defensive (original purpose) karate were up to the challenge!

Which brings us to a delicate point, that of testing for rank advancement.

Kissaki-Kai now requires candidates not only to demonstrate various Kata, but be able to demonstrate the realistic applications from them, whilst applying the relevant 'Rules of Combat.'

Of course, the ability to move, to deliver techniques accurately



and powerfully, is also tested, both in basics and in Ju-Kumite, controlled free fighting.

The end result of all of these changes is that students have more to do, more to learn, more demands to demonstrate their mastery, than in the original gradings normally undertaken in, for example, Japanese-type karate.

The other side of the coin, however, is that the training is vastly more interesting and hugely more effective in terms of personal defence than before, introducing the students to a much wider repertoire of skills.

The corollary to these changes is that the training in pressure-testing the defensive applications is much more demanding.

On the plus side, re-instating all the effective defensive techniques and emphasis upon real self-defense will enable serious students to once again build and develop their own personal toolboxes of effective strategies, tactics and techniques.

So, hopefully this short article will have provided an insight into some of the basic elements of Kissaki-Kai Karate-Do, showing how it is very different in objectives and content from the Shotokan style from which it emerged many years ago now.

It is not an easy art, but it is an effective one, as many of officers and bodyguards I have trained throughout the world have testified.

If you haven't tried it yet, come and join a seminar or even the private training classes we hold here in the South of France.

Fun and bruises - what more can you want? Email: vincemorris@kissaki-kai.com or www.kissakikarate.com



Training with sensei Asano - Nottingham Honbu Dojo

Some of the other Japanese Sensei frequently teaching in the Honbu Dojo include: Kanazawa Sensei, Nagai Sensei, Kobara Sensei, Sode Sensei, Takahashi Sensei and others.