



KISSAKI-KAI KARATE-DO

WHEN YOU'RE READY FOR THE REAL THING

NEWSLETTER

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Inside this issue:

Karate vs. Self-defense	01
Sensei Vince Morris	
Karate vs. Self-defense	02
Sensei Vince Morris	
Karate vs. Self-defense	03
Sensei Vince Morris	
Robin Short (Texas)	04
Kissaki-Kai sensei	
Sensei Steve	05
Montgomery - Article.	
Ne-waza	06
Sensei Vince Morris.	
Ne-waza	07
Sensei Vince Morris.	
Upcoming Seminars	08
Online Shop	09



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

Karate vs. Self-Defense



Dojo self-defense training

It has long been a feature, indeed a problem, that I have noticed in numerous Dojo where there is a special 'Self-Defense' or 'Women's Self Defense' course run in parallel with regular Karate classes.

Many years ago in the 1970's we had the same experience in Asano sensei's Honbu Dojo. If we were considering a self-defense course, we never really found anything but basic kihon (how to punch, slap and kick etc.) to be of much use; and we never looked much at Kata, because at that time we were completely unaware of the valuable defensive waza contained within them.

We often had to look at other arts such as Ju-Jutsu for inspira-

tion.

Given that in the last 20 or so years I, and a few others like me, have advanced almost beyond recognition the study and dissemination of valid and

effective Kata Bunkai, it is - to me - a very strange phenomenon that the situation very largely still exists.

Why this should be brings me to a few conclusions, and I invite you to consider them in the light of your own Dojo or training.

The Problems

In the first place, Karate is 'sold' to a potential student as a number of palliatives for modern life.

For kids - the majority of new students - it is sold to parents as an ideal way to get them fit and to tire them out and to impart discipline and confidence. Only as an afterthought is it stated that it would help them deal with the problem of bully-

ing.

This, however, in most Dojo means teaching that as a very last resort, after 'turning the other cheek' 'making the bully your friend' and 'telling an adult' there are possibly some basic physical techniques which can be used (but not the most effective ones)!

The importance of building character and discipline always come top of the list of selling points.

When adults consider joining, they are often given a list of the Degrees, awards, championships and trophies amassed by the Dojo instructors.

It is usually not pointed out that the very best (i.e. most

the curriculum!

Anyone wanting a quick defensive set of techniques will have to wait a long time until even a modest level of proficiency in basic Karate is developed.

The Karate itself

So what kind of Karate is being taught in many Dojo?

That too is part of the problem.

In early combat in Japan the use of empty hand fighting was more or less relegated to the occasional brawl or was necessary by being disarmed or caught unawares.

In Okinawa, following the invasion by Satsuma clan warriors the carrying or



Sensei Motobu teaching Tekki as self-defense

effective and quickest to learn) methods of self-defense will not feature very highly in

possessing of weapons was not banned completely - as had been previously



More realistic training

thought. However, In the main the emphasis was upon weaponless combat, the Okinawan Te (Hand) but still included the use of various utilitarian items - even steel or ivory Topknot pins.

The direct and pragmatic defensive individual training fell under the influence of the Chinese Martial Arts, thanks to the efforts of visiting experts and visits to the Chinese mainland by local teachers to learn these more sophisticated arts.

Alongside empty-hand techniques, the students often learned the arts of using various natural weapons (Bo, Nunchuka, Tonfa, Eiku etc.) because the emphasis of the training really was upon self-protection and the defense of the family.

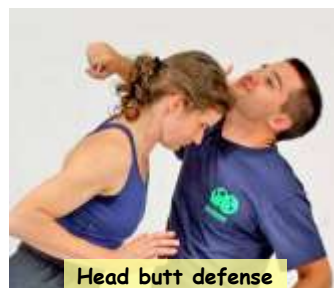
This lent the training a distinctly utilitarian focus, as it was perceived as being of

use in their daily lives.

Later – thanks in the main to the work of Master Itosu and the desire to introduce Karate into the Okinawa Education System, Karate began to be taught in groups as a much simplified system, concentrating almost exclusively upon weaponless defenses, with

the emphasis now changed from pragmatic personal defense to an art which **would promote a 'Healthy mind in a healthy body.'**

Following the introduction of Karate into the Japanese mainland, for it to be recognized as a martial art it needed to conform to the concepts and aims established by Prof. Jigaro Kano and the emergent arts of Judo and Kendo: the pre-requisite of a martial art – that it be useful in real combat – became weakened even further. The



Head butt defense

development of health and fitness through systematic training in a codified regime

meant Karate had by now lost its prime function.

Eventually, students of Karate recognized this, and began to institute sparring and later competitions to test the abilities of the students and the effectiveness of their training, bringing some sense of reality back into the Dojo.

This however, had the result of moving Karate even further from its defensive origins, as - for the sake of safety – rules were devised to outlaw certain techniques considered as too dangerous. This had the effect of making students concentrate mainly upon techniques which would enable them to score on their opponents but not really cause serious injury.

This meant that many original techniques – throws, strangles, arm-locks, use of Kyusho etc., plus the different means to deliver them – shuto strikes, finger pokes, arm twisting hair grabbing, head butting etc., were outlawed leading to the neglect of many of the early physical weapons and types of fist.

Further adding to the loss of training with the original anatomical weapons, the rules of competition only added to the number of techniques which would not be allowed in Shiai so which gradually dropped out of regular practice, being seen usually only in the Kata, not Kumite.

Even the first basic 'Ready' position taught in most Dojo - the hands down by the

thighs 'Yoi' position - is another step away from reality. **No-one is really 'ready' in this position.**

It is symptomatic of how the considerations of teaching to large groups has taken precedence over common sense.

Yet another step on the path away from defensive effectiveness.

The final 'Nail in the Coffin' so to speak lay in the fact that even within the Kata those techniques were not recognized for what they really were - becoming **'rising blocks,' 'down blocks,' 'turns', and so on.**

This effect was aided by the very dangerous nature of the original waza, in that the early masters kept the meanings strictly secret, so the knowledge would not fall into the wrong hands.

No REAL Bunkai training.

Even when the real underlying principles of combat within the Kata are revealed, there is a tendency towards the anachronistic.

The idea presented is that **the 'Art' being taught must** adhere to the formulae set by the old masters. So - for example - we do not see many examples of Ippon Kumite against someone holding a gun!

Well, the Battle of Agincourt (1415) was a famous example of how a new weapon - the (English Longbow) used



with different tactics (the archers also left their bows and joined in the close-quarter fighting) completely destroyed a numerically much larger force equipped (mentally and physical) with outmoded weapons.

Hundreds of years before that (1066) the forces of King Harold - the Fyrd (Peasant army) and the Axe-wielding veterans (Housecarls) fighting on foot - were defeated by the use of new weapons and tactics - **William the Bastard's** mobile Normans fighting from horseback thanks to the use of the stirrup, a supportive saddle and the heavy use of archers.

No student of the history of warfare will ever make the mistake of preparing for today's battles by using only the weapons and tactics of yesterday!

My own opinions on this matter were formed and reinforced many years ago when I began teaching Law Enforcement Officers and others who had to be properly prepared for the brutal reality of the streets.

There are no referees out there to stop it if things get rough, and no-one to help if you are knocked down. Certainly only knowing how to attempt to kick away a gun or upward block a knife-thrust in a formal manner from formally trained distances are simply ludicrous!

Modern science and physiological research into the stress of combat, and what

happens to the body and brain under enormous stress can help us devise programs to mimic as closely as possible realistic training scenarios where the student can get experience of using the gross motor function skills his body will be left with.

But these do not form part of the syllabus in most Dojo.

Little if any time is given to explaining the legal ramifications of using defensive techniques for real. No advice for how to deal with the authorities after the event, nor how to deal with the emotional after effects of real combat when the adrenaline rush has subsided.

When you put all these elements together and add some of the oriental mystique of Japanese Martial Arts, leaven it with the demand for unquestioning loyalty to the sensei and in turn **the sensei's non-response** to questions. Is it so surprising that what has turned out to be a very exciting and demanding sport which can indeed shape character (sometime the wrong way).

The only fly in the ointment, it is now necessary to teach self-defense classes as separate entities to those who simply want to learn how best to defend themselves **and their families in today's modern world.**

Isn't this where we came in?

I'm just asking the question.



Thursday March 12th seen our W.S.K.O. Chief Instructor from the USA, Sensei Robin Short - Kissaki-Kai Texas 4th Dan. - make a special trip to take a kata bunkai session for us at the Tonyrefail Dojo. This was the 1st time for the majority to meet Robin and I know my class along with others were excited to be going on this seminar with Robin.

Sensei Robin has been training in Karate for many years and over that time he has trained with numerous prolific Instructor's, Starting off in the booming golden era of Welsh Karate with Sensei's Mike O'Brien, Richie Noblett, Paul Watson then moving further afield where he trained with one of the most famous of Karate-ka in Britain at the time, Enoeda Sensei, I believe it was Enoeda Sensei who Robin passed his 1st Dan with and right up to recently taking tutelage from Sensei Vince Morris Kissaki-Kai and Chuck Merriman Goju-ryu, who is the only person outside of Okinawa to hold one of the most senior positions with-in the Goju-ryu fraternity. It was from his experience of training with the likes of Vince Morris and Chuck Merriman that Robin brought his knowledge of the kata bunkai to this seminar.

I arrived a few hours earlier to pick Robin up from his hotel and we had agreed to run through quickly some of the bunkai that we would be covering later on that evening. We decided to cover only bits from each of the Heian kata's and hopefully progress to the senior kata's including Bassai Dai, Empi, Chinte. Once I introduced Robin he gave a brief insight of the historical background to the kata's and how they have really changed over the years. This point has been discussed many times amongst a lot of karate-ka, Myself included, What is the true Bunkai ? Without going too much off subject here I really think that the open mindedness of today's karate-ka are evolving bunkai to suit a more modern era, Some of the kata applications I have been taught have been questionable to say the least! Sensei Robin was very quick to emphasize the point that what we would learn from today's seminar would be AN application and not THE application of the kata's we were going to cover. This was a very good point to bring across as too many people today are teaching the opposite.

We started off covering the opening sequence of Heian Shodan and straight away the simple Bunkai got people thinking, He brought the embusen of the kata to a different angle, Pushing your opponent away to your left using Gedan Barai and following through with an Oi zuki to the head. This then set the standard for the evening there was a lot of bunkai covered from a different perspective from all the Heian Kata's and we briefly touched upon Bassai Dai. Everybody was getting in to the bunkai applications and thoroughly enjoying themselves but time was going by so quickly and before we knew it, it was coming up to finishing.

I can honestly say that the feedback from the seminar was superb, Hopefully Sensei Robin will be back over in the UK towards the end of the year and if we can arrange another seminar then I'm sure it will be as informative and enjoyable as this one.

Keep Training - Oss

Sensei Gerwyn.

Note - Kissaki-Kai chief instructor Vince Morris 8th Dan will be back in the UK for seminars later this year. Check the various websites and Face Book pages to keep up to date with plans, and contact : info@kissaki-kai.com if you would like to host a seminar in your Dojo. It is very simple to arrange. (www.kissakikarate.com)





You have a tumor on your kidney, and it's cancerous!

A short while ago, sensei Steve Montgomery 7th Dan in Marlton Dojo New Jersey, suffered a great physical challenge when after a hard training session he ended up in the Emergency room hearing the last thing he ever wanted to hear - ***"You have a tumor on your kidney, and it's cancerous!"***

The following are selections from his account of how his 'warrior' training aided him in getting back to his life and the Dojo. The full article can be got from the Full Circle website.

"Receiving that news at the hospital with my wife Debbie was the single most emotionally galvanizing thing I ever experienced. Being uncertain of my family's future, having to think of death...just a few hours ago they were the farthest things from my mind.

Almost immediately my warrior spirit kicked in, and

fast forward four weeks later my prognosis is good. One kidney is gone and the cancer with it, and already back to limited training just one week after surgery.

Researching and choosing the 'warrior' mindset, sensei Steve: "...ingrained in myself three tenets that are paramount to being a modern warrior:

Training needs to be realistic for whatever your purpose

2. Training must be very hard at times, *shugyo* in Japanese martial terminology

3. Training is to be a habit, a daily part of your life, with improvement a constant goal -

Of the three, realistic training is what distinguishes martial arts. Ask yourself, why did the warrior class rise to prominence in so many factions of society - the samurai, our military men and women, etc.? In simple terms it is their character, developed over time with improvement as a constant goal. Upon close examination though, and this is key, their training and experiences touch a man's soul concerning self-preservation. In the extreme, self preservation deals with death. By re-

petitively touching your soul in this fashion as part of training or life experiences, you have mined strength of character that few men or woman purposely dare.

Realistic training is the Kissaki-kai karate we practice in our dojo today. Inclusive of partner drills with physical contact and variety of lethal technique, training is a constant physical and mental challenge. One of my favorite axioms regarding Kissaki-kai karate - training is proficiency is attainable for many regardless of age or ability, but that doesn't mean it is easy.

On the topic of hard or austere training (shugyo), you must do it at some frequency. It can come in many forms, but a really good example is a multiday training camp. Our camps generally consist of three days in a row of three trainings per day. Analogous to a military boot camp, they help form your character by requiring your spirit to persevere through physical and mental pain and exhaustion - this is "shugyo".

You also need shugyo at some frequency in weekly training. The core muscle training class we did on

that Monday is the example. That training changed, if not saved, my life for some time to come.

Training as a habit is paramount to a warrior mindset. You must not make excuses for lack of time, pain, or even injury. It must be a priority and it must be consistent.

There is no such thing as an armchair warrior. You have to get on the mat, and you have to train. You can adjust for age, injury, or other physical limitations, but you have to get out there. I take pride as the chief instructor of my dojo that I continue to take part in classes that other sensei teach, or sometime participate with the classes I instruct. Some would be concerned to lose face or show weakness by not executing the perfect technique, or showing fatigue. This is the wrong mindset, and lacks true leadership from a warrior perspective. Fine if you want to be a coach, not so good if you want to be a sensei.

And so by adhering to these modern warrior tenants I survive and thrive.

It's good to see sensei Steve back in the Dojo already!



Ne-waza Groundwork

Why fighting on the ground is not a good idea in real life.

You may indeed be winning the battle on the ground, but you will probably never even see your enemy's accomplices who will play football with your head.

2. Most people's impressions of ground fighting stem from watching MMA fights on the TV, which look as if they are effective, but in fact, like sport karate, they are bound by rules and regulations: no using vital points, no attacking the back of the neck no attacking the genitals, no attacking the eyes, no bending the fingers, no biting, no head butting....etc., etc.

These rules protect the fighters and enable the fights on the ground to be dominated by the protagonist with the better grappling and 'ground & pound' skills.

None of these fights would last so long were there to be no rules at all, which is the situation in the streets.

Indeed, all of those prohibited acts should be employed against the real attacker, especially one who has attained a superior position, to ensure that he cannot deal out punish-



ment as if it were an MMA contest.

Sometimes a Law Enforcement Officer will have recourse to bringing a suspect to the ground, often in an attempt to detain or arrest him. This is a completely different situation.

In this instance, the officer should be well versed and practiced in fast and effective methods of controlling the suspect. These methods, often accompanied by stunning techniques, will gain control by inflicting pain through joint locks and the vital points to achieve compliance.

It is never recommended, however, that an officer goes to the ground with a perpetrator as a first choice; rolling and twisting is often very difficult when hampered by a utility belt, firearm, baton, pepper-spray canister and the like, and this definitely places the officer at a distinct disadvantage.

On the other hand, it is often a great idea to intro-

duce the suspect or assailant to Mr. Sidewalk! Make concrete your friend, and fast throwing techniques which smash the attacker into the ground are very useful in ending an as-



sault, but even here it is advisable to ensure that the opponent is not able to regain a standing position.

An officer will apply handcuffs whilst the suspect is prone, but a civilian has to use other methods - stunning or locking - in order to ensure submission for the sake of his or her safety.

So, are their rules of combat for the ground too?

Indeed there are.

1. If underneath the attacker, keep moving, twisting and bucking your hips to make it hard for the attacker to gain a settled position from which to

strike you.

2. If you can, keep your face hard into the attacker's stomach. In this position it is hard for him to strike you in the face.

3. Keep grabbing, ripping and tearing at his eyes and skin, on his sides, on the underside of his arms, on his neck and face, as you continue to twist and buck.

4. Buck hard each time he attempts to lift up and strike you. This should keep forcing him to put his hands on the ground past the top of your head so as



to try and maintain balance.

Participants on the recent seminars in Germany found out for themselves just how effective fierce pinches can be as aids to forcing an attacker to let go!

5. This gives you opportunity to grip his arms and push your head out to one side and unbalance him by simultaneously jabbing



hard behind the ears (T.W.17) or pinching his flesh and twisting upwards with your hips to roll him off.

6. At this point try to damage a vital point or two as hard as you can - Triple Warmer points, Spleen points and Gall Bladder points on the arms and thighs are normally accessible and effective, as are strikes to the groin.

7. Now, either seize and lock a limb, whilst gaining your feet, or get up very quickly and disable him with stunning techniques - or - if feasible - simply run!

An officer will, in the best of circumstances, have back-up to help in subduing the attacker/suspect. A civilian is in different circumstances and will usually have to rely upon him or herself.

This means that the Rule of Combat "It's never over until it's over!" must be obeyed. The Legal system imposes restrictions upon what is legal in these circumstances, but the judgement must be one of common sense, based upon the defender's fear of harm.

Whilst, then, it is never legally acceptable to administer punishment to the aggressor, it is legally allowable for the victim to defend him or herself until the attack ceases - either by the assailant giving up, or not being in a condition to continue.

Now, You may, or may not, believe that the person who a few moments before was trying to beat your brains in or rape you is really now telling the truth when he says he will not attack you any more!

It all depends on you. If you are confident in your ability to deal with any further assault, fine. However, if you are still in fear for your life or of bodily harm, you are legally entitled to deliver a considered technique which will be acceptable in the context of the ferocity of the attack to disable or stun the attacker or render him unconscious.

The key is - within the context of the severity of the assault!

It is interesting to note that in the UK, some time ago, for example, the then Home Secretary, Jack Straw, published guidelines for the courts in cases of victims fighting back, to ensure that the benefit of doubt, so to speak, (the sympathy of the court) will be with the victim and not the attacker.

So, in circumstances where an assailant has managed to force you to the ground and attempt some kind of **MMA 'mount' prior to striking or choking you**, your primary response should be to attack the eyes, genitals and throat; and every attempt must be made to seize, bend and break fingers, especially of a larger, stronger attacker.

Pinch the vulnerable areas, buck frantically to unbalance him and twist to roll him off and then get back to your feet as fast as possible.

There are also techniques which can bring an attacker to the ground if he stands over you and attempts to kick, either to the body or the head.

Another cogent reason for not fighting on the ground

take the fight to the ground, I suggest you need to gain some more realistic scenario training in your Dojo, with some fellow karate-ka or MMA guys who can go to the ground with you and open your eyes to the many unpleasant things that can happen unless you are really lucky.

Introduce a hidden practice knife into the affray, and see what happens!



Punch or jab Spleen Point inside of the thigh above the knee whilst trapping his leg with the other arm

is that it is entirely possible that the assailant will take the opportunity in the scuffle to pull an edged weapon and from such a close range there will be little you can do to stop him repeatedly stabbing you!

If - after reading all this - your chosen response to an attack will still be to



Knife injuries received by an officer



Forthcoming Seminars

As we go to print, seminar dates in the USA, Belgium and in the UK are being arranged. Please check the www.kissakikarate.com website for further information or the Vince Morris Facebook page.

31 July, 1st, 2nd Aug 2015 US Summer Camp in Michigan , USA

Exact details will be announced soon. In the meantime please get in touch with Sensei Phil Oakes if you would like to know more: herbscarpettile@sbcglobal.net

Kissaki-Kai One minute Dojo

New series of short instructional Videos by sensei Vince Morris now on Sensei's page on Facebook.

Training hints, Kata bunkai, body mechanics, correct techniques, Rules of Combat - all your questions answered in short, to-the-point video clips.

Email or post your queries on training, or about Kata applications on the FB page:

facebook

Kissaki Karate International

Or FB page:

Vince Morris.

Please 'like' our page

New Video series on Facebook!

Kissaki-Kai One Minute Dojo Short one to two minute examples of Kata bunkai explained and training advice to increase your combat effectiveness and understanding.

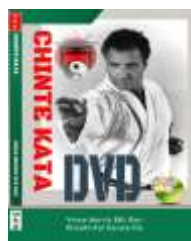
See them free on sensei Vince's Facebook page - go to: 'Vince Morris.'

Contact us if you would like to host a seminar in your own Dojo, in Europe or in the USA. It will not impose any financial stress, and we will work with you to ensure it is a success. Email us for details at ~ info@kissaki-kai.com



2014 seminar in Belgium

Books, DVDs, & Pads - order from www.kissakikarate.com



Chinte Kata

The essential bunkai of the kata 'Chinte' - 'Strange' or 'Unusual' hands. Chinese in origin, this kata is a toolbox of rapid and effective defensive methods of countering a variety of commonly occurring attacks. Long-time denoted as a female defensive kata, it contains many examples of vital point centered techniques, demonstrated by one of karate's most acclaimed and respected sensei. The principles of self-defence should be studied by all karate-ka. Over an hour of instructional video.
\$45 NTSC (USA) €29 PAL (Europe)

Genesis of Kissaki-Kai - Set of 4 DVDs

The Genesis set is a re-mastering of seminar samplers 1,2,4 and 5, charting the development of Kissaki-Kai Karate-Do: These 4 DVDs, recompiled from the earliest seminar videos, analyze and demonstrate the use of Kyusho points, the Flinch Reflexes, the 'Frisbee-uke' - the 'Rules of Combat' and much more. See how the application of research and logic altered the perception and practice of Kata Bunkai! The quality is not as good as current DVDs but the content is important! \$50 NTSC (USA) £33 PAL (Europe)

The Secret Art of Pressure Point Fighting: Book & DVD-combo

Martial arts lore tells of masters who possessed a mysterious ability to defeat an opponent with a single perfectly placed blow. This book transforms the ancient legend into a modern reality - an anatomically based fighting and self-defence system that allows a small defender to defeat a larger attacker. - Over 300 step-by-step photos show each point and strike.

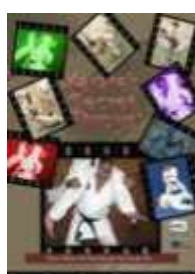
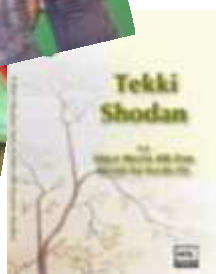
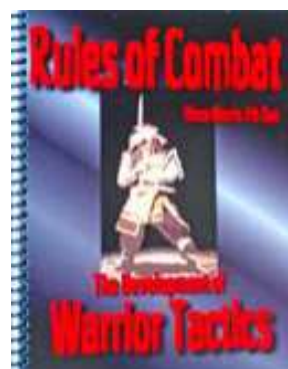
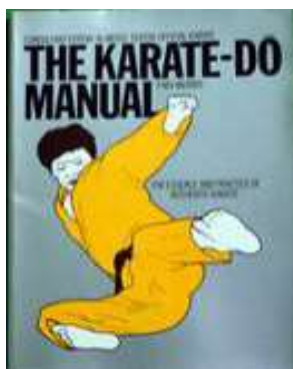
\$28 NTSC (USA) £22PAL (Europe) DVD shows detailed action and more than the book.

Essential Kissaki-Kai Karate-Do - Double DVD

This set is giving detailed instruction in the 5 levels of Kissaki-Kai Karate-Do: Atemi-waza, shime-waza, nage-waza and kansetsu-waza. A masterful compilation of real, effective, defensive combat techniques which should be studied by all karate-ka wishing to gain a full understanding of this defensive art. Based upon the 3-year distance learning program, but including much new material, this DVD set is an invaluable insight into how to make karate truly effective. Shin-ikken Kumite, the 'Rules of Combat', the use of Kyusho points, the flinch reflexes, the 'Frisbee-uke' - and much more is covered here!

\$45 NTSC (USA) £29PAL (Europe)

Go to the web-site shop to see all the books, DVDs and other items available (T-shirts, Protective pads etc.)



Available now from: www.kissakikarate.com/shop.htm