



**Kissaki-Kai
Karate-Do**

Newsletter

June 2021

Karate Gods!

One of the things that humans do is look up to others, experts in their field, heroes, legends, gods.

This is especially true in martial art circles, and in karate there are names that are spoken in almost awe like status, both past and present.

Some styles have their favourites and some names transcend styles and are, in karate terms, household names. And why not? Some of these people have made their mark in karate history and many for a very good reason. But why do we have karate Gods, and do they matter?

Why Gods matter

Karate Gods matter because they are a reference point, something to aspire to, a common frame of reference for very different people.

Choki Motobu was recently called 'the greatest karate fighter ever' which obviously is a matter of speculation. I mean, in our house, we can't even agree on the best brand of baked beans, let alone something like this! But whatever way you cut it; it is generally accepted that he was a karate master with lessons that are useful to us even today..

Terry O'Neill is acknowledged as one of the top kickers that karate has seen and known as someone who can handle himself in both competition and the real world. No-one disputes that (not anyone I have ever talked to anyway).

Vince Morris is known as a bunkai expert and expert on the realities of violence. Testimonials from

police officers he has taught using techniques he has passed on, in high pressure situations, attest to this.

Again, no one is arguing.

You could go on. Past and present there are loads of names form karate that are banded about, some unanimously agreed, and some argued more about and some more legends in their own lunchtime.

Real karate gods matter as we have something that we can learn from them. They have climbed to the top of the karate mountain and therefore deserve the term 'sensei' (one who has gone before). There are things that mean we can get to their point quicker than they did, and hopefully progress it further. If that is not our aim, what are we doing?

Why do so many people think that all the old masters are better than the karate-ka of today?

The old gods and masters were human, they had virtues and skills, they also had vices and weak spots. All humans do, that is how we are built. They also had less information on training methodology and nutrition.

We have plenty of advantages today that would lead you to believe that our modern-day counterparts could well be better than they were. I mean how many world records in any physical endeavor last for very long?

Do Gods want to be Gods? In my experience (and that is mine, not yours or guaranteed fact) most of the people I would consider to be karate gods now, that I have met anyway, don't actually want to be gods. They

are looking for the same answers as the rest of us and are just further down the path than we are.

The issue a lot of them have is that others want to make them gods and they want them to be more than they can be. They want to idolize them and try and turn them into something that cannot be touched and is beyond the realm of normal and in a state that 'normal' people can't achieve.

There are also a lot of false gods out there. I've met plenty of them, ones who want to be gods but don't want to put in the work and just like the idea of being called 'sensei', 'kyoshi', 'hanshi' or the like.

Whilst you cannot question everything, you need to be able to question enough to tell the difference between shit and shinola. You need to be able to make sense of what you are being shown in your head and use your own knowledge, experience and learning to see if it gets past the bullshit meter. The false gods will try and lure you in and sell you their own brand of bullshit, and it is your job to separate the wheat from the chaff.

Sensei really should be trying to push their students to be their own person. Not a clone of themselves, not someone who can never step out of their shadow. For example - the first time I met Don Came, I had no clue who he was. We just partnered up at a course we were on. To me he was just another shiny-headed black belt who seemed to have a lot of talent and enjoyed playing with good spirit

but not over the top (I didn't work out who he was till some years later in actual fact).

Now Don is a student of Vince's. But does he do all the same things the same way as Vince? No. That is not how it has worked at all. Don is his own man; he trains with Vince but has also branched out to take information from other sensei. Vince doesn't get upset about this and try to blinker Don's thinking, he encourages the growth.

And that is what a benevolent god should do, raise others to the karate pantheon, not sit on their clouds throwing us mere mortals' titbits.

Learn from the gods because they have something to teach. Critically think about this information and apply it to yourself.

Andi Kidd



Taiji Kase 9th Dan

A master of Shotokan who trained with Yoshitaka Funakoshi and eventually devised his own version, had definite opinions on how Karate should be taught.

All Kissaki-Kai members will immediately recognize the basic tenets of what Kase sensei deemed important

"Formality should be distinguished from reality. The technique is a formality, a shell of movement, but the reality of Kata, its interior, needs a soul. Someone can perform Kata with perfect technique, but if it has no soul, no value, it's not realistic. I

remember when I started practising at Shotokan Dojo, the seniors told me that when Waka



Sensei performed Kata, those who watched felt the danger, it seemed like he was really fighting."

"When we perform Kata we must know to transfer our inner strength and determination to every stroke and to every block. If those who watch it do not feel anything, then Kata is not performed in the right way. It is not a question of technique, some students do not have such a clean technique, but there is more danger and determination in their movements than of practitioners who perform Kata with perfect technique. The latter, still remains mere gymnastics, a dance exercise with karate movements"

The Bridge Builders

As a Martial Artist whose base art is Taekwondo and who has been trained in some form or other over the past 40 years I have met some wonderful instructors over that period and they didn't all come from Taekwondo but they shared one thing in common. They were passionate about their own art and training in the way of the warrior.

I nicknamed one of the teachers I came across whom I like to think of as a friend too "The Bridge Builder". He was here in England from his native country studying for his engineering degree but also a very proficient

martial artist and by chance or fate ended up showing his knowledge and skill sets to many of us throughout the world over the past two decades.

His art is not what I am graded in but just watching him, studying under him on seminars I feel it enhances my own base art increasing my own knowledge which I try to absorb into my own training and that of my students too.

Another such friend and great teacher I had the pleasure of studying under is the author of this newsletter and part of the reason why I am putting this article together quickly for he too is a person who passes on knowledge in greater depth via his own experiences and thirst for proper training.

In Taekwondo, without a shadow of a doubt, my forms were influenced by karate forms which may or may not have been also influenced by forms from elsewhere.

The most important thing to remember is: "It is what is contained in the forms that matters". And if the proverbial **** hits the fan and it's 'Do or Die,' you're not going to care where the form came from, but it would sure as hell be useful if it kept you or your loved ones alive!

I had not been training long when the BBC ran a 6 part documentary on television titled "The Way of The Warrior" - I took note of the various things that the different masters from different arts portrayed in the series. I was fascinated with some of the conversations and techniques that were shown especially about certain points or anatomical areas.

Now I could see the leg sweeps, the takedowns, the chokes, the grapples, the anatomical strikes

and some of the weapon disarms. All this was contained within my own art (Taekwondo) which may have been dropped, lost or more than likely just not passed on as our instructors - through no fault of their own - hadn't been shown, as competition required very different techniques and mindset to a life or death situation.

The reason being that as we didn't compete like that (using Realistic techniques) on the sporting mat - for the Sport way is very different from a Street situation - then such defensive methods were just not needed.

As time went by and I had earned my Black Belt I soon began to realise that certain elements were missing in our training.

On to the 'bridge-building' and as I stated, every now and then someone comes along on your martial art journey who can enhance you and your learning.



Steve Blomeley Tkd Sensei

You have to have an open mind or in other words "Empty your cup".

I wanted to know more and as they say in martial arts "timing is everything" and it was at this time I got to meet the author of this newsletter who had been doing his own research into things that made no sense! especially in Kata. Now another bridge-builder was helping me digest and absorb plenty of information that I

could utilize in my own forms and it made more sense.

Sensei Vince Morris and his group were excellent, friendly, respectful and accommodating practitioners as proper martial artists should be. In a dive into it fashion and thoroughly enjoying training with my karate friends from back home I absorbed many of the principles shown into my own Taekwondo training concerning the forms. It just made more sense! Within a culture of learning especially on the subject of Kata or forms I had many light bulb moments or the penny dropped, which seemed to give me better explanations than the usual "it's a block" or well "we don't sweep in Taekwondo".

Be open-minded like these wonderful practitioners, who in some cases are much older and past their prime physically but not mentally, for they know much, much more, having trodden the path on the sporting mat but also never lost sight of their art, its culture or heritage. They can perhaps help you understand the do or die scenario a little better than just focusing on medals and trophies. Then one could undertake to make straining more realistic.

However, it is more along the lines that these people enhance your comprehension, understanding and grasp of the how, what, why, where and when! They put things into proper perspective and historical accuracy so that if one is clearly listening or seeing what the eye doesn't always pick up, a student can begin to make sense out of the alphabet ABCDE's, the words etc., turning them into more coherent sentences and grasp the syntax of the message that particular martial art is trying to convey through its forms (Kata - the heart of and soul of the art).

I love the stuff and ideas people like Vince and other bridge-builders put out, as it all helps one grasp the syntax of what is

being taught and - who knows- it may come in handy one day protecting you or your loved ones in that Life or Death situation!

Keep on kicking, keep on learning, and enjoy training for all the benefits it brings into the life for you and your family.

Steve Blomeley Chief Instructor
KI Taekwondo Assn.

THE KATA/BUNKAI PROCESS

It's hard to do anything without a manual. You even need one to pass your driver's test or even build a bookcase. Everything requires a step by step procedure or process which makes things easier to learn. In Karate, Kata/Bunkai is the same thing. You need a process in place.

You start by learning the pattern and refining the movements involved.

Kata is nothing more than a collection of basic movements, so you need to refine all the movements in the Kata.

Once the pattern is down, and the Basics refined, you add speed. Here, you try to make the movements shorter, quicker, "chop the fat" off the movement" to get the movement down in the DNA. "Power thrills, Speed kills" so speed is really important but not at the sacrifice of Basics, and sloppiness. Your Kata needs to flow and not 'shortcut' the movements.

Finally you need to learn Transmission of Power where you can incorporate power within the movements. You learn how to generate Power/Energy from different bases/stances and apply within your Kata. Remember, if you just go through the movements, all you are doing is dancing. Kata doesn't need to be pretty, it needs to be effective. Finally, the Timing, Rhythm, Principles of the movements need to be understood. After all, the study of Martial Arts is the Study of Movement

The Bunkai process is not so straightforward. In fact many DO NOT study Bunkai at all. My sensei feels that one issue in learning Bunkai is people try to solve 3-4 movements in the Kata without

knowing what EACH movement entails. So if you study the Process it opens a way to study your Kata/Bunkai:

Step 1. Define your Movement-Here is where you decide what the movement means to you.

Step 2. Application(Bunkai - Oyo) Here you need to demonstrate the Definition of that movement.

Step 3. Jisen(Street Application)- This is the most important step. if you don't use your Kata for the street then it's just a dance. The goal of Kata/Bunkai is to have techniques that work on the street and that you have confidence in. Here is where the Form becomes Function. Everything needs to be made to work!.

Step 4 Principles- Not everyone studies this and its an addendum to the Process. Here you learn the underlying mechanics or the "WHY" of the movements, or the Kata. Principles, or the understanding of how the Principle works leads to more efficient movement.

So this is the Process of learning Kata. The Kata is refined and ready for dissection.

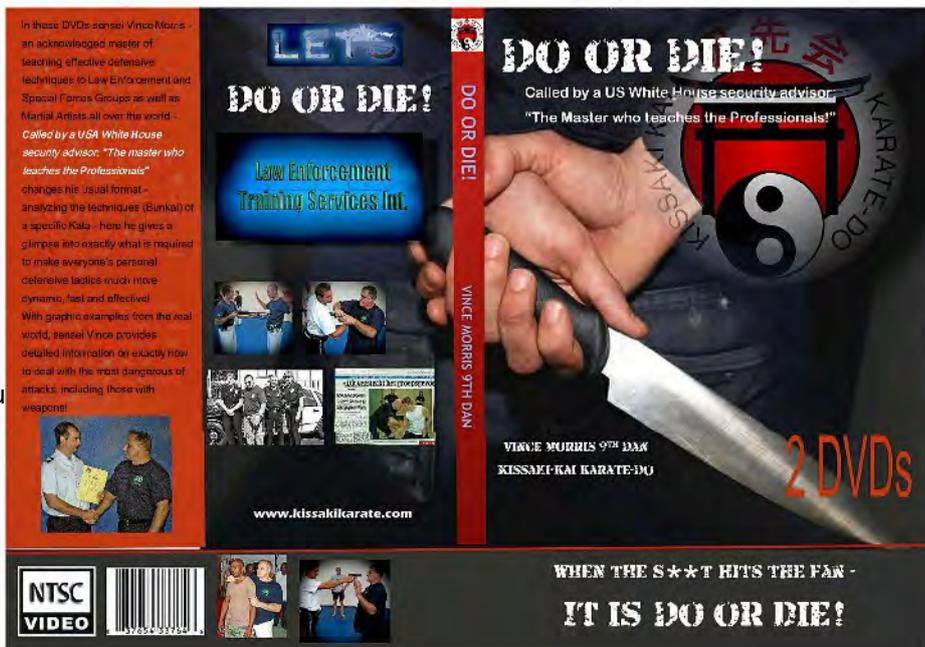
Actually Kata is the study of pieces, broken-down, studied and put back together. It's like words and sentences - how can you make a sentence without words? Following the process will make learning Kata and doing Bunkai much more seamless.



Lou Klaff Shihan USA

I want to thank the three sensei who have contributed to this edition, and apologize for the ruthless cuts which space dictated I make!

Feel free to send me anything you would like considered for inclusion in future issues.



In this 'Do or Die' USB & DVD set, sensei Vince Morris - an acknowledged master of teaching effective defensive techniques to Law Enforcement and Special Forces Groups as well as Martial Artists all over the world

- Called by a USA White House security advisor:

"The master who teaches the Professionals!"

- changes his usual format - of analyzing and explaining the techniques (Bunkai) of a specific Kata - and here gives an insight into exactly what is required to make everyone's personal defensive tactics much more dynamic, fast and effective in the real world!

With graphic examples. a long way away from the safety and control of the Dojo, sensei Vince provides detailed information on exactly how to deal with the most **dangerous of attacks**, including those with weapons!

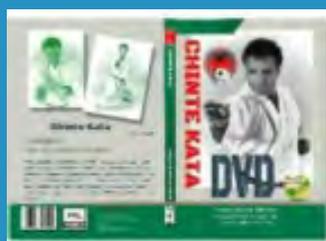
Using clips from Law Enforcement and Social media including many from Police Training seminars and Kissaki-kai seminars you get a detailed look at how techniques should be executed, as well as why they should be done that way.

As usual, sensei Vince has his own inimitable way of presenting knowledge and fun combined with ruthless reality!

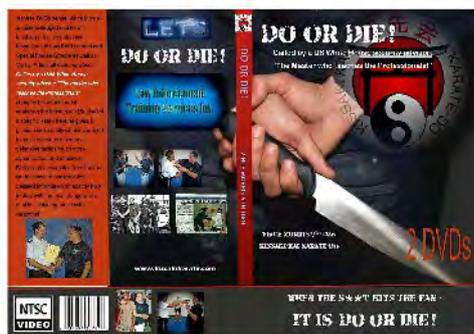
Deliberately going over important techniques until understanding is achieved, these you cannot help but become more effective in Reality, not Ritual.

Check Facebook and www.kissakikarate.com for forthcoming seminars!

Just a few of the Books and DVDs by sensei Vince available on the Website:
www.kissakikarate.com/shop.htm



Special NEW LOWER PRICES and BARGAIN BUNDLES - Check them out! You can also see many Promo videos on the Kissaikai Youtube Site. Also FREE One Minute Dojo episodes on www.kissakiusa.com



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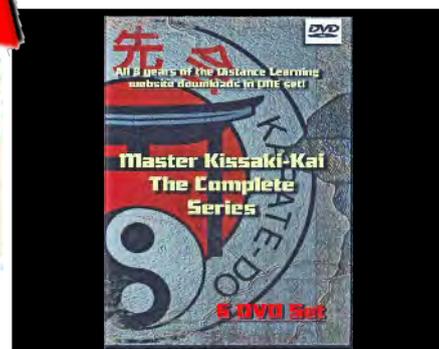
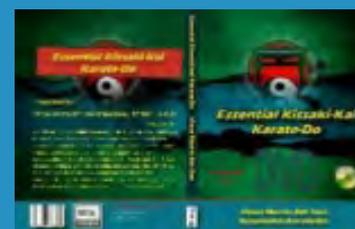
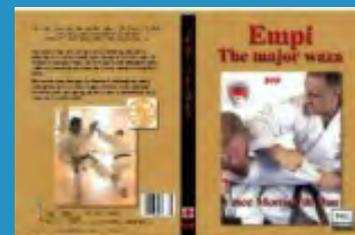
For years Kissaki-Kal offered an On-line, Distance-learning Website which, for a small sum, gave members monthly downloads of video training in all elements and levels of the basics which comprise the system.

Each session concentrated on some of the elements which make Kissaki-Kal special, going more deeply into exactly how to make the techniques work for you!

This is invaluable to all who want to master Kissaki-Kal, but who do not live near a Kissaki Dojo!



See FREE PROMOs of the DVDs on Youtube - Go to KISSAKIKAI and check them out .



Eva and I want to wish you all Good Health and - perhaps as important - Good Spirits! The end of Covid restrictions may be in sight, and we look forward to meeting and training with you all again soon! Remember to check out the Vince Morris Facebook page!

Support Kissaki-Kai

24 tracks of music by
sensei Vince - 10 Euros
+ post.

www.kissakikarate.com/shop

Parallel Lines

Look what you missed!

- Your Cheating Heart*
- Blueberry Hill*
- Young Dreams*
- When it Rains*
- You win again*
- Walk you Home*
- Tomorrow Night*
- Teddy Bear*
- So lonesome I could cry*
- I was the One*
- Mess of Blues*
- Make it thru the night*
- Love me Tender - new version*
- Lonely Man*
- That's all right Momma*
- Doncha think its Time*
- Blue Monday*
- Loving You - original version*
- Loving You - new version*
- Steamroller Blues*
- This Love of Mine*
- I need you so*
- The Best I Can*

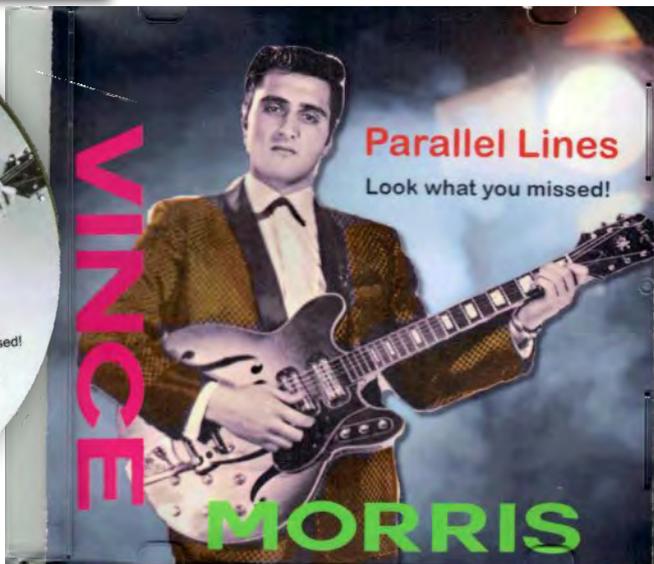
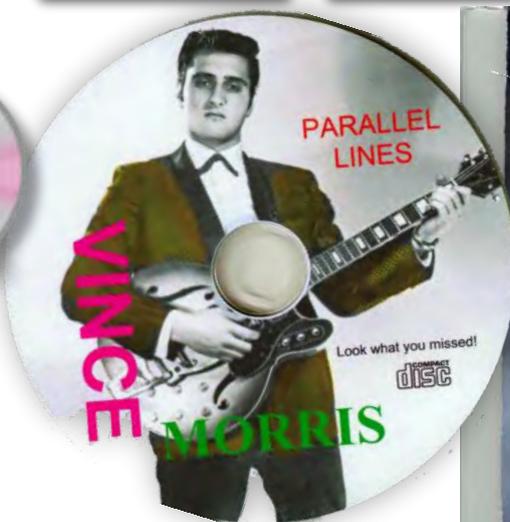
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Kissaki-Kai Karate-Do France



Valuing the Original Purpose of Martial Arts

We uphold the values and principles of the original purpose of the martial arts; to empower members with the ability to defend themselves, their families and the weak, and to foster the development of steadfastness, courage and integrity.



Contact details

- For general questions and to reserve your spot: eva@kissaki-kai.com , Mobile: 0033 (0) 6 44 81 00 02
- For training and grading questions: vincemorris@kissaki-kai.com
- Local contact / registration without accommodation: Sensei Nathalie Trotin (Meiyo Béziers Karate)
Tel : +33 (0)6 86 97 84 28

Accommodation

- self-catering accommodation in La Caumette on request.
€25 per person per night (single rate may vary)

Other nearby options:

- self-catering : [Campotel, Boulevard Jean Moulin, 34600 Bédarieux](#), +33 4 67 23 30 05, - www.herault-tourisme.com
- [Hotel de l'Orb, Parc Phoros, Route de Saint Pons, 34600 Bédarieux](#), +33 (0) 4 67 23 35 90 - <https://www.hotel-orb.com>

Local airports by distance to Faugères

- Béziers (35 mins), Montpellier (1hr), Carcassonne (1.5hrs), Perpignan (2hrs), Toulouse (2.5hrs), Barcelona (3hrs)

Please do not forget to send us your flight details / ETAs once you have them.

Kissaki-Kai Autumn Camp in France with the Meiyo Béziers Karate Club 17, 18 and 19 Sept 2021

Training: 100 Euros for the weekend - 35 Euros per session

Some self-catering available in La Caumette, also local Bedarieux Air B&Bs