



**Kissaki-Kai
Karate-Do**

Newsletter

January 2019

A Happy & Healthy New Year to all!

2018 has been an interesting year, and we have experienced a steady growth in interest shown by many martial artists in gaining a true and proper understanding of the actual defensive combat use of their arts. It has been, for many, a long time coming, as they had placed their trust in the training provided by their sensei, who were often of a respectable lineage themselves.

However, teachers can only pass on what they themselves know and have studied; and in many (if not most) cases this was centred firmly upon those skills developed after the introduction of karate from Okinawa onto the mainland of Japan.

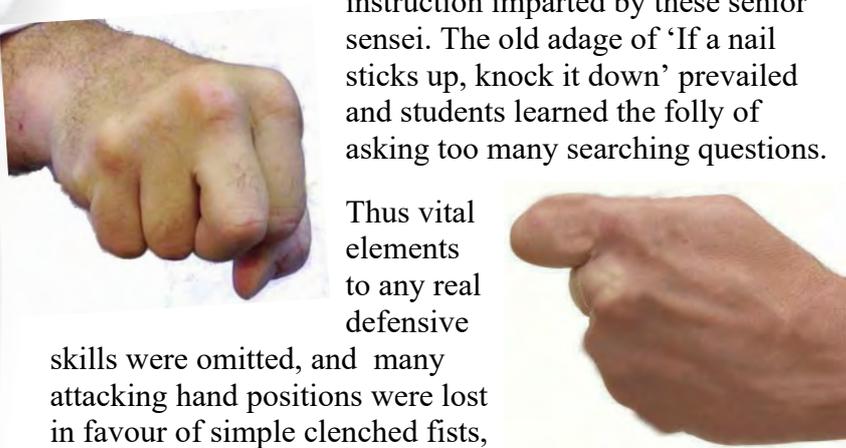
Essentially, this meant that practically all of the powerful defensive techniques were left out of the training, deemed to be far too dangerous in a sports environment.

Thus, in exactly the same way that the art of Ju-Jutsu was watered down and changed into the sport of Judo, many common defensive techniques and elements of training were completely omitted in this newly emergent sport.

Unfortunately for the vast majority of younger karate-ka, the Japanese also insisted upon a concept of 'Respect' which centred upon not ever questioning the knowledge or instruction imparted by these senior sensei. The old adage of 'If a nail sticks up, knock it down' prevailed and students learned the folly of asking too many searching questions.

Thus vital elements to any real defensive

skills were omitted, and many attacking hand positions were lost in favour of simple clenched fists, and an enormous number of

combative aspects, such as: Throwing, Grappling, Choking, Atemi-waza with Kyusho-Jutsu and ground combat were simply now not a part of the training, as none could be applied in sporting contests, so time spent on mastering these was 'useless!'.


You won't see these or many other traditional fist shapes used in a modern Dojo

Thus even very early in the transformation, the training was considered such as to be condemned by Okinawan Master Choki Motobu in his words:

'Nothing is more harmful to the world than a martial art that is not effective in actual self-defense.'

How often, for example, do you utilize any of these early fist forms in your current training? And, why not?

The answer is quite simple - in most cases the Dojo is teaching a watered-down sport form of the original art, and most of the dangerous (therefore actually useful techniques for real personal defense) are not taught because they are banned in competition, so time is better spent practising the simple (not so dangerous) waza.



We have seen for some time now, the growing interest in countries like Germany, where sport karate has strong roots, in learning the correct interpretation and function of the karate techniques, especially those in Kata which have been preserved in the face of their discontinuation in regular training.

However, a problem soon appears.

Where do the German sensei - who for years until now have taught only the incorrect bunkai

passed on to them by their Japanese original sensei who themselves were never taught the correct bunkai - find these Bunkai?

For the most part, they simply attempt to reverse-engineer bunkai without having the necessary background knowledge of the original functions nor of the 'when, where or how' to apply them. (The 'Rules of Combat').

This leads to ludicrous examples where real defensive techniques are forced into unnatural stances, incorrect distances, maintaining crazy and dangerous elements like Hikite and defenses which only work in the Dojo with a compliant uke!

It seems that their pride or unrealistic appreciation of their own knowledge prevents them from turning to sources like Kissaki-Kai who most certainly could help them!

We have heard of cases when Kissaki-Kai applications have been shown, the teacher stated - not that it was wrong, or that it wouldn't work, but - ***"It isn't what WE teach!"***

No - But you should!

Students are perfectly capable of judging for themselves if what they are being taught as defensive tactics would really work in the street. This is why on our seminars I always tell the participants: ***"Don't believe what I say, but see for yourselves!"***

Only if students have complete confidence in the techniques will they ever rely upon them in real situations.

What is so damaging to the egos of these teachers that they just

can't admit: 'I don't know what the real bunkai is.'

They owe a duty to their students not to pass on 'Bad Bunkai' and methods which would be dangerous to them if they tried to use them.

Look again at the quote by Master Motbu.

The problem is only going to get worse if karate is really accepted as an Olympic sport.

Of course, owners of McDojo will rub their hands in anticipation of floods of new students bringing in more money.



Why? Because the karate in the Olympics will be even more of the devalued and neutered techniques; and original, defensive-effective combat methods will be even further eroded in the pursuit of medals and glory!

Karate was never, ever, designed to be, or meant to be, a sport. However, it is undeniable that sport training can be beneficial in a few ways. It helps with timing, distance mobility and the conquering of fear.

But only if it features as a small part of the overall training in original powerful defensive combat using all the elements which are barred from competition.

'Dangerous' throws, choking, striking vital targets, attacking the limbs, striking with the head, bending the fingers, attacking the eyes....the list goes on... All of which are prohibited in Shiai but are essential features in self-

defense scenarios. It is also important to remember that there is no chance that in such a terrible situation you will suddenly be able to use all these techniques that you haven't practiced.

I point out in the 'Law Enforcement Defensive Tactics Manual' that under great stress, the human brain is not capable of making discriminatory choices.

It cannot chose from A - B - or C possible actions; it will simply select that which you have trained for so many years to do. Just pray it isn't chudan gyaku-zuki with hikite!

In such stressful conditions, the brain can only make simple choices - 'If A, then B' that's it; just as it cannot make the body use fine motor functions skills.

Gross motor function of what you've trained to do is what you will get! This why any Bunkai you practice MUST be simple, fast and not reliant upon complex movements of techniques, because - under great stress - you will be unable to carry them out.

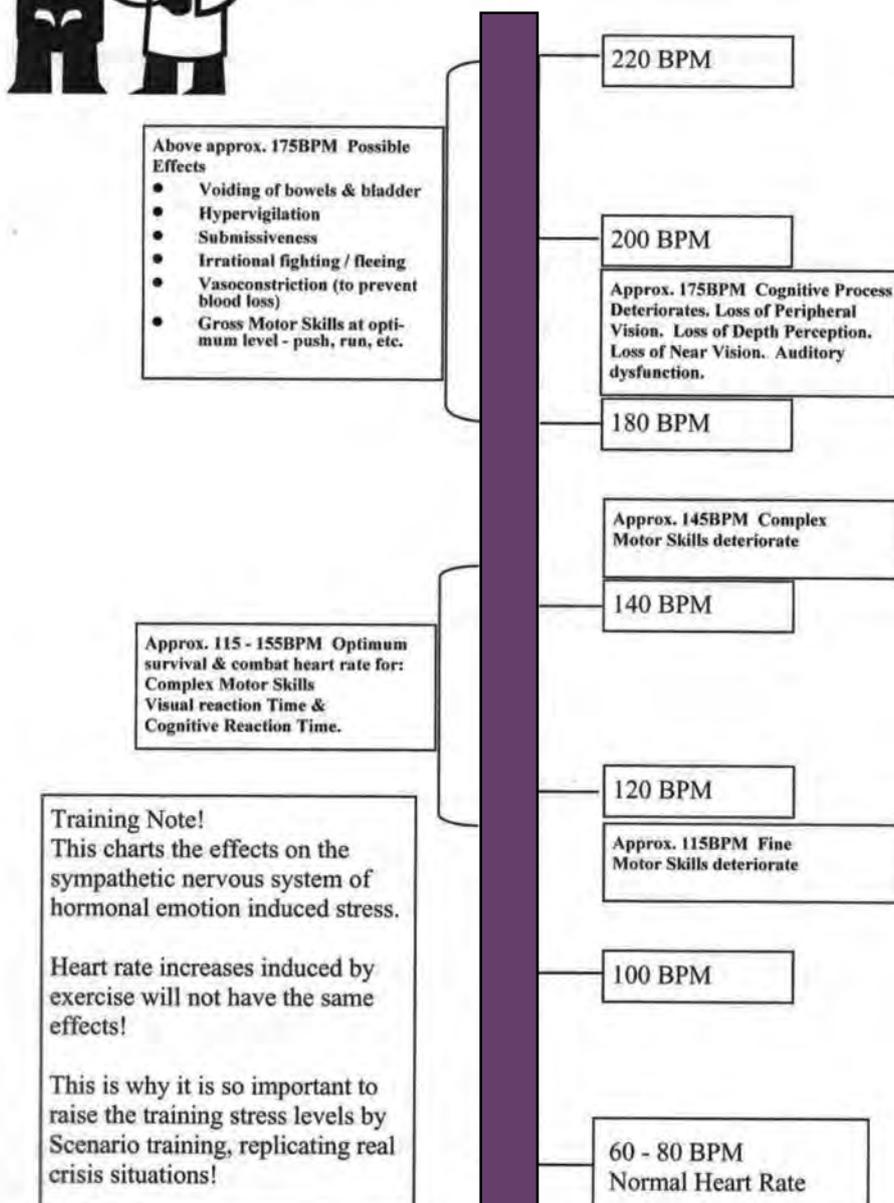
The pertinent 'Rule of Combat is: ***"Keep it Simple, Stupid!"***

You should also note that simply increasing the heart rate by physical exercise does not have the same effect, so when training it is important to actually be under some degree of stress and good role-playing scenarios are vital!

This means replicating as closely as possible the actual attack or combative situation and wearing



How Heart Rate Affects Performance

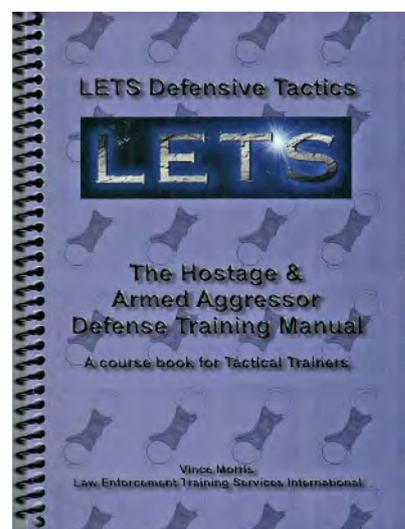


**From the book: Lets Defensive Tactics (Vince Morris)
A course book for Tactical Trainers**

appropriate protective gear to minimize the chances of injury whilst allowing a greater degree of power and reality in the defenses applied.

This will frequently ensure that the student moves even further away from the Dojo compliant, unrealistic, ritual-based Bunkai currently being taught.

How can I immediately tell if the sensei is teaching this 'Bad Bunkai?' I hear you ask.



Well - here are a few hints:

If the sensei lines up Tori and uke in the Dojo traditional Yoi positions, Tori - with his hands down - faced by uke in low-stance Gedan-Barai, then you know this is going to be BS!

This hands down stance is perfect for getting sucker-punched before you even see the attack, and it will be all over.

I have never in my life seen any attack start from this kind of ritual setup. To even consider this as a starting point is perverse! Of course, if sport karate is all you have done all your training life, what else can you do?

OK, another example to beware of: If you are being taught to step straight backward in the face of an attack - forget it! That is just dumb! The enemy can rush forward much quicker than you can step back!

You should always try to move immediately to a 'Position of Advantage' usually at 45 degrees. (Just as the older Pinan Kata taught, not the 90 degree



come from the side or even from the rear.

The list goes on, but if you pay attention to these points, at least you will be forewarned that you are likely to be taught completely ineffectual

defenses, which will put you in more danger than the attacker!

I urge you to step up and challenge this type of BS! It is taking advantage of the respect that a student is supposed to show to a teacher - but that should work both ways. No good sensei will actually hide his lack of knowledge in such a fashion, but will direct the student to where he or she can find the right information.

Unfortunately, this is not always the case - so be prepared to look and do some research for yourselves.

Now, on another but allied subject; some Karate Groups, in

angle it was changed to in the Heian Kata.

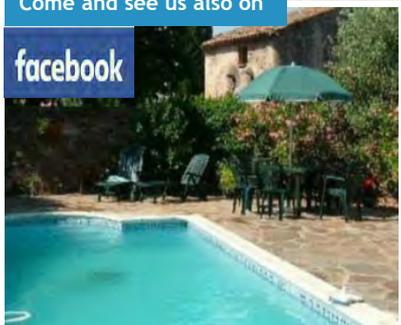
Again, if uke remains still after delivering the initial attack - forget it. No fights take place standing still.

Are you being taught how to deal with the same type of karate attack that you are all practicing in your regular training: oi-zuki, mae-geri etc? If so - forget it; most assaults just don't start that way, and they are almost always at a very close range - too close for those techniques!

Are all the attacks starting with the assailant in front of the 'victim? Many common attacks don't start like that, they can



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This also where instructors and families will stay when attending the September course and seminar in Beziers.

Why not come and join them? Just email for details

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info@kissaki-kai.com

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Face Book page -

Kissaki Karate International



Ludwig Pfefferkorn and family had a great time!



To see more

an effort to make their Bunkai more relevant, have decided that those students attempting a Dan grade must now have learned all about Kyusho-Jutsu.

What's wrong with that?

Nothing, if all they have to learn are the various target areas to strike or manipulate;ate, and how they can help in combat.

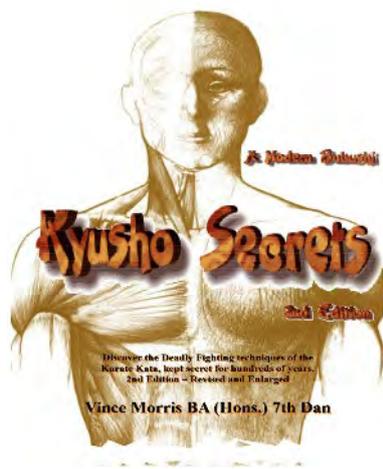
Unfortunately, because either the teachers are not aware of all the real scientific research which has gone into studying Kyusho-Jutsu in the last 20 years, or they simply are looking for something 'new' to teach, they are insisting on students showing detailed knowledge of such esoteric (and useless) things. concepts like what time of day is best to strike the different 'Meridians' and fitting techniques into the so-called 'Cycle of Destruction.'

Little bit of history here -

The uncomfortable fact for those who make their money from 'alternative medicine' such as Reiki and Acupuncture which promote the concept of an invisible flow of energy within the human body which is responsible for its well-being, is that is simply DOES NOT exist!

Yes, anecdotal statements to its effectiveness are common, but essentially any improvements in conditions are either because over time they will get better anyway, or because of the powerful Placebo effect.

Years and years of extended research (including by myself as director of the 'International Institute for Kyusho-Jutsu Research') have never found any evidence of this 'Chi' or 'Ki' internal energy force!



It is a concept developed by ancient Chinese physicians to try to explain the function of the human body.

This was almost exactly mirrored by ancient Greek concepts advanced by Hippocrates (460-370 B.C.) Who maintained that the moods, behavior and emotion in humans were caused by certain fluids (Blood, Phlegm, Black Bile and Yellow Bile)

Later, Galen (AD 131-300) developed the idea that there had to be a balance of the 4 elements in order for the body to function optimally. (Sanguine, Choleric, Phlegmatic and Melancholic). These also had the characteristics of 'Warm, Cool, Moist and Dry.

Now - today, of course, no-one in their right mind would demand that trainee medical students would spend any time at all studying and learning these theories - Because they are wrong!

Why then are martial arts students being asked to do the equivalent in learning ancient theories that have just as little scientific validity?

Yes - a number of the acupuncture points are very useful indeed in combat - but that is because they are sited directly close to nerve pathways in the body, and are susceptible to manipulation and strikes.

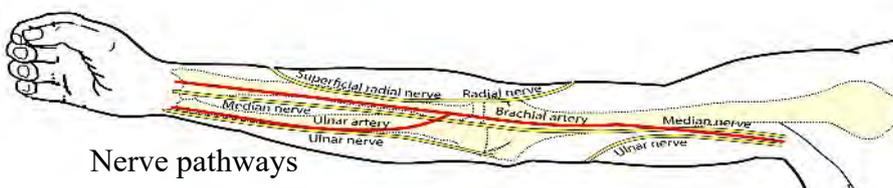
So it is far better to study anatomy and physiology than invisible forces which do not exist!



Nerve pathways



Vince Morris © 2019



Nerve pathways

VINCE MORRIS SEMINAR

9th Dan Kissaki Kai Karate



REAL KATA BUNKAI!

*Sporthal NAZARETH Drapstraat 76
9810 NAZARETH BELGIUM*



WITH

Guy Janssens 7th Dan

And Eva Morris 5th Dan



REALITY - NOT RITUAL



**Saturday / Sunday 2. - 3.
February 2019 10h - 15h.**

Weekend - 65 EUR One Day - 35 EUR

Weekend - Kissaki Members - 60 EUR One Day - 30 EUR

Contact: Guy Janssens - guy.janssens@kissakikai.be

Or: Boris Deraeve - boris.deraeve@kissakikai.be



If you are interested in learning how effective your martial art is, come and see for yourself - Real defensive, fast and powerful Kata applications! For too long Karate has been plagued by Bullshit Bunkai which has completely devalued the use of karate as a real defensive martial art. Often taught by those who were shown nothing by their instructors, they in turn simply guessed at whatever technique seemed to fit, whether it was accurate or suitable didn't matter. It is time to learn the real thing from one of the world's original researchers - with real experience!

See us on: Face Book (Vince Morris) and www.kissakikarate.com