

Kwanmukan Technical Congress

*Saturday October 6 from 9 am to 5 pm
Sunday Morning October 7 from 9 am to noon.*

General Agenda

Definition of Karate

What is Karate?

Today

Self-defense, self-control, self-discipline

Healthy Exercise

Philosophical

Blocking, Timing, Kiai, Breathing, Striking – is this real karate or just sport. Taekwondo meets this definition

Classical Karate included a whole bunch of things

What is Judo? Jujitsu? Aikido? Tomiki Aikido? Kendo? Iaido? Jodo? Kobudo?

What was the impact of Judo on Karate?

Judo was approved for use in the schools in Japan and karate wanted to follow suit. Kano tried to get karate in as part of Judo, but the karate people wanted karate to stand on its own.

Remember, Judo initially had 3 parts, Nage Waza, Ne Waza and Atemi Waza. Karate became punches and kicks to define itself as not part of judo and the throws and grappling were taken out of karate to distinguish it from Judo. Judo was already a simplification of Jujitsu without certain dangerous techniques (throws which land you on your head or dislocate the arm or shoulder).

What is tradition in karate?

What is traditional in Karate?

How far back does tradition go?

What is Classical karate?

How did Karate come to the USA?

When did karate become a sport? In the 1930's.

When did competition change karate? In the 1930's

There is concern today that sport will change karate from what we know today, but it was already changed from what it was prior to 1930's. Karate changed to become a sport and to have a high school curriculum. There is concern that the new sports rules will change karate, but this is a reaction from the seniors who have been cut out of the refereeing – which will change the sport as the younger set have a different perspective. The inclusion of bunkai is an attempt to redefine karate and put life back into it. But this is only for kata which has already lost ground as being a competitive performance only.

Purpose and Use

What is the purpose of Karate?

Current karate uses systems designed to teach in public schools.

Progress of class was established by warm-ups, line drills, ippon kumite (waza), kata, kumite.

After class was fool around time.

What are the implications of a martial art/karate as a defensive art?

Karate designed to put someone on the ground.

Karate Style

Karate, what is style and what does style mean?

Prescribed way people perform technique according to school or teacher

What does style mean in relation to kata?

What does it mean to train in the style and apply yourself?

Do you bunkai in style?

Do you kumite in style?

How do we get from style to application to actual use?

Can you combat in style?

Karate Philosophy

When was philosophy introduced to karate?

What was the purpose of introducing philosophy?

What are the aspects of karate?

Karate ni sente nashi. What is it, what does it mean?

It means there is no second strike. The fight is over. To have a first implies a second.

What is meant by one killing blow?

Means technique properly applied does not need another technique.

One killing blow is a myth in sparring to gain attention to the sport by engaging the mind.

Kwanmukan

How did the Kwanmukan come about?

Is Kwanmukan a style?

Where did the style of Kwanmukan derive?

What is Kwan Mu?

What is Kwanmukan?

What is Kwanmudo?

What is Kwanmukai?

What is Kwanmuzendokai?

What is "Ha"? How does "Ha" apply to the Kwanmukan?

Direction

Where are the modern Martial Arts going?

Sports, Combatives

Where is modern karate going?

Where the Kwanmukan should be going?

Kwanmukan Tradition

What is tradition in the Kwanmukan?

What is traditional in Kwanmukan?

Where does tradition come from?

Kata

What is needed to understand kata?

What is kata?

What does kata mean?

What does kata do?

What is kata good for?

How is kata exemplified?

Where did kata come from? How did kata get started?

If kata is a book, how do you read it?

In order to understand kata you need a Rosetta stone.

Does karate kata have blocks? Strikes? Locks? Throws? Tai Sabaki?

Design of Kata

Takes a combination and create a flow by breaking the action into smaller parts for understanding. This is what we see when we perform the kata. In reading the kata, we cannot use our preconceived notions. Not all similar movements say the same thing. A movement is what it is when it is.

Kwanmukan Kata

Kata in the Kwanmukan

What do we know about the kata?

From our heritage

From other heritage

From direct experience

Purpose of Taikyoku and the Heian Kata

Purpose of Taikyoku

First Cause – what was before heaven and earth and what is after heaven and earth.

Additionally even development of the body, ability to bear body soundly, Done in 5 seconds at the advanced level, 45 at the beginner level.

Purpose of the Heian Kata

To have the ability to defend oneself completely in most situations. Allows you to have a peaceful mind knowing you can take care of yourself. They are named after the peaceful Heian period of Japan.

Developed to teach karate in the grade and high schools in Japan

Which style is the original form of the kata?

Why are there so many ways to do it when it is only about 80 years old?

Developed to teach self-defense that does not annihilate the opponent.

Purpose of the Kwan Mu Kata

Kwan Mu First Effort

What is its purpose, why was it created, how was it designed and what is its meaning?

If one anticipates, who has made the first attack?

Kwan Mu Second Effort

What is its purpose, why was it created, how was it designed and what is its meaning?

What is the purpose of a block?

What is the purpose of an attack?

Kwan Mu Third Effort

What is its purpose, why was it created, how was it designed and what is its meaning?

To be is to see.

To see is to know.

To know is to be.

If then what have you?

It is already too late!?

Thirty Spokes form the hub of a wheel, but the use of the wheel is the part that is empty.

Understanding Kata

Original kata were designed to show strategy and tactics in life and death confrontations.

The original kata may just show a sample of the movements within the theme of the kata.

We must consider both written and oral explanation of kata.

What do we mean by the theme of a kata?

The theme of the individual kata is the kata's strategy, tactics, and method of movement.

The strategies for use of the movements is contained in each individual kata

How does theme dictate the application of the movements contained within the kata?

Individual movements are considered within the particular kata theme, not the theme of another kata.

Hidden Movements

Do hidden movements exist?

If so, what is meant by hidden movements/

What are the hidden movements in the kata we study?

Combat Karate – Not self-defense or sport

Does Combat Karate exist?

If so where is it?

Is it in the kata?

What is the difference between individual verses group combat?

Which kata are for individual combat and which are for group combat? Does it make a difference?

Teaching System Used Today

Should kata be taught first: the correct movement and application or should the "basics" be taught first and the kata follow?

In Kwanmukan, we teach the body to move correctly, and then we learn how to use the body. That is, we learn proper body mechanics first, and then apply the mechanics.

Two Purposes of Kata

1. Correct body dynamics
2. Collection of combat techniques in practice format

Bunkai

What is Bunkai?

Bunkai (分解?), literally meaning "analysis"[1] or "disassembly",[2] is a term used in Japanese martial arts referring to the application of fighting techniques extracted from the moves of a "form" (kata).

What is the purpose of Bunkai?

What is the result of Bunkai?

Definitive result – opponent out and on the ground every time (at the end of each bunkai)

Kenka

What is Kenka?

Kenka means a drunken brawl or a fight.

Rules Understanding Bunkai

1. Front hand is attacking hand – shortest distance.
2. Block with both hands – preparatory hand is defend in the block (cross block)
3. Block equals stop
4. Understand the switch step
5. Technique in two counts can be performed in one count
6. Immobilize attacker before striking
7. Grabbing hand is pulling hand – grab and twist
8. Supporting hand is a grabbing hand
9. No technique ends with a block
10. Only one opponent and that opponent is to the front
11. Set position can be an invitation
12. Break balance to the tip of the triangle
13. Knife hand can cut
14. Take opponent's back
15. Use double twist for throws
16. Use leverage
17. Kicks are low especially when grabbing
18. Crossover with turn is a throw
19. Crossing legs stance is a body shift or a joint kick
20. Some techniques are following when primary technique fails
21. Down equals up for throws.

Rules of Combat

Strike the quickly immobilizing where possible

Move to gain and maintain advantage and dispatch quickly

Heian Kata

Question - What is a block?

Block verses defends. Block = stop, defend means to fend off.

The current concept of block comes from sport karate from the 1930's.

Shodan

Essentials of karate defense. No attacks except to the head, no kicks except to the groin

Proper Body Dynamics.

Nidan

Gets there first. Immediate response.

Sandan

In close fighting. Mixing it up.

Yodan

Abstracted from Bassai, Kusankyu, Jion. Movements interrelate within the kata.

Godan

Abstracted from Chinto, Bassai, Kusankyu. Movements interrelate within the kata.

Tekki

Is it side fighting? Fighting with your back to a wall? Fighting on a boat? Or is it simply Tai Sabaki with strikes kicks, and locks?

Ways to move the arm/hand

How many ways are there?

Up, down, left, right, around, pull, push

Arm can be straight or bent

Fists can be open or closed

Use front or back of hand or fist (side also possible)