



CORE ELEMENTS OF TRADITIONAL TRAINING

DOJO ETIQUETTE:

This time-honoured philosophy is known within traditional martial arts training as, "Reishiki" Understanding this philosophy, will give everyone who participates within our traditional martial art, a strong foundation in the oriental culture, which is based within our art. Creating respect for others and dignity.

STANCES-DACHI

The physical foundation, the manner in which we stand and the transferring of our body weight for defensive and offensive situations.

HAND TECHNIQUES-TE WAZA

These are used for blocking; counter-striking, punching and applying bone locks, restraining the opponent as well as applying pressure locks.

KICKING TECHNIQUES-GERI WAZA

The execution of well-balanced kicking techniques, designed for striking and blocking throughout defensive and offensive situations.

GROUND TECHNIQUES-NE WAZA

Here we employ this form of traditional training to instruct the student how to take down the opponent, utilising our ground techniques by defending ourselves from the ground. Bearing in mind that joint manipulation and bone locks are used in conjunction with "NE WAZA."

THROWING TECHNIQUES-NAGE WAZA

The application of these throwing techniques, are used to repel the opponent by means of "breaking the attackers balance," which is referred to "KUZUSHI." In most situations this form of "Self Defence," can be followed up with "Ne Waza."

TRADITIONAL KATA AND BUNKAI

The student is introduced to various traditional kata and Bunkai; these are preset combination movements concentrating on all techniques. Here the emphasis is of timing, breathing, analysing Waza and focus.

VITAL POINTS-KYUSHO STUDY AND APPLICATIONS

At advance level, the student will be skilled in the understanding and the purpose of utilising the "body's vital points," concentrating on the nervous and circulatory systems, utilising the pressure points of the body.

BODY SHIFTING TECHNIQUES-TAI SABAKI WAZA

Focussing on "Tai Sabaki," is essential to our traditional karate do training, since it is here we teach the student to defend and avoid violent actions by the assailant, by utilising the "body shifting techniques" within our art. This form of training is essential for all students to learn, we also focus on "Kuzushi" breaking the opponent's sense of balance and then redirecting the aggressive energy against the attacker.