

FOCUS

Technical Development

Better understand the traditional karate style of Chito-Ryu Karate. Learn how to get the most out of your training and achieve your goals.



'Doing the best at this moment puts you in the best place for the next moment.'

~Oprah Winfrey

THE POWER OF BASICS

Whether you are a white belt just starting out or an experienced black belt, to get to the next level requires you going back to the basics and exploring how you can do them better. How can you do your basics more efficiently, effectively and more effortlessly?

3 Step Process For Training Basics

Step 1: Perform Slowly

Focus: Controlled, range of motion, accurate form (start, end and path of techniques)

Self Check: Correct yourself and refine your basics. A mirror is useful to watch yourself until you develop your technique more through feel.

Effective Practice: To get the most out of your training you are encouraged to practice at home. When you are in the dojo be sure to include a self check process when training slow. Slow doesn't mean unfocused and or unproductive. Train slow with a purpose to grow yourself with every technique.

Step 2: Perform Naturally

Focus: Natural body, posture, breathing, grounding, flexibility

Self Check: When you do your techniques are you forcing (only using arms/legs to

execute techniques). Or are you using your whole body to do all techniques.

Effective Practice: Get the most out of your training by starting with slow speed first. As you feel your body getting behind your techniques increase the speed. If you feel you are forcing techniques and losing body/mind control reduce speed.

Step 3: Perform With Power

Focus: Explosive speed. From a completely still starting point, execute technique with speed and power whilst maintaining technique and natural body.

Self Check: Are you starting from a completely still position.

Effective Practice: When training kihons, be sure to find a point of stillness after each technique before exploding into the next technique. Later build this concept into kata, bunkai, kobudo and kumite.



Contents

The Power of Basics	1
Did You Know?	2
Respect in the Dojo	2
Japanese in the Dojo	2
Technique Tips	2
Dojo Environment	2
Contact Details	2

DID YOU KNOW?

Chito-Ryu Karate Do means, 'The thousand year old Chinese style of the empty handed way.'

The Japanese characters on the right side of the crest from top to bottom:

'CHI' means 'one thousand'.

'TO' refers to China's Tang dynasty (618-907), the period in which To-de (which later became known as Karate-do) is commonly thought to have originated.

'RYU' is the Japanese word for style.

The Japanese characters on the left side of the crest from top to bottom:

'KARA' means 'empty'.

'TE' means 'hand'

'DO' means 'way'.



RESPECT IN THE DOJO

Karate begins and ends with respect.'

As Karate is a Japanese tradition we adopt a traditional approach to reigi saho or manners. Bowing is a mutual sign of respect and as such is used often in Karate and other forms of budo. You would use a standing bow every time you :

- Enter or leave the dojo
- Before and after partner work



JAPANESE IN THE DOJO

Onegaishimasu: Please

(O-ne-ga-i-shi-ma-su)

Arigatougozaimashita: Thank You

(A-ri-ga-to-u-go-za-i-ma-su-shi-ta)

Rei: Bow

(Re-i)

TECHNIQUE TIPS

**Technique: Oi Zuki
(Leading hand punch)**

Technique Tip: Target

When you execute any punch (tsuki) you want to make sure that your fist finishes on the correct target.

Finding the centre:

Draw a line down the centre of your body (or your opponents body) from head to toe. This gives you the middle of the body where the punch must finish in basic training.

Finding the height:

Solar plexus

Practice - Index Finger Drill: When executing basic punch.

Start: both index fingers pointing at the target as accurate as possible.

Path: deliberately move your punch towards the target keeping both index fingers aiming on the target.

End: Front hand has the index finger come to a complete stop on the correct target. The pull back hand has completely stopped and has index finger pointing to target.

Extension Ideas:

- Vary heights of punch (head, body, groin)
- Vary speed of execution (slow, fast)
- Perform combination punches (same target, variety of targets)
- Perform from a variety of stances (stationary and moving)



Keeping The Dojo A Safe and Positive Learning Environment

Please help us continue to grow a dojo environment which is comfortable, positive, supportive and safe for everyone. The more comfortable we are in the dojo, the more we will be able to relax and focus on being the best versions of ourselves.

Dojo Rule: Only students are allowed on the training area during class time. Siblings, parents, carers and spectators are to watch from the viewing area. Non training children are to be in the care of parents at all times.

For complete listing of SCK Dojo Rules please visit the SCK Member Website.

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