

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

DEVELOPING POWER

As a beginner I remember working on developing my power. I never once gave thought to using my body to develop power it was always the case of how much power I could generate using my arms and legs. Lucky for you there is an easier way and we will share that with you here. It is easier and more friendly on the body.

Unlocking the Natural Power in a More Healthy Way

Step 1: Form

Take your time to develop clean and accurate form. Slow at first with good posture, eyes, breathing and a good sense of grounding in your stance.

Try not to force the arms and legs to execute the techniques. Rather feel the body twisting around the centre and allow the arms and legs to become an extension of this turning motion.

Step 2: Speed

As you build familiarity with this natural movement of the body and basic form of the techniques you will start to explore your techniques with speed.

Avoid thinking of power at this stage. Just think 'speed'. Do the form as accurately as possible with explosive speed off the mark with a natural and relaxed body.

In the case of a punch, you should feel both sides of the body working evenly and together around the centre.

If you feel yourself over committing to your technique (leaving you off balance), forcing your techniques or holding your breathe while executing your technique, back the speed off and get back to feeling your body and form.

Step 3: Power

As a result of developing your form and speed with good accuracy you will find that the power will exist naturally.

The more you refine your technique (accuracy, efficiency), the greater the speed and power. And when the power comes through, you won't be forcing your body to work over time, it will feel effortless and natural.

Developing a natural, flexible body should be a part of your long term training plan. The more natural state you can achieve with your body the more easier it is to develop your karate technique.

Remember: If it feels like you are working really hard then you may need to fine tweak what you are doing. If it feels effortless and it is effective, you may have stumbled across some natural power.



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DID YOU KNOW?

Chito-Ryu Karate Do in Australia

Chito-Ryu was introduced to Australia by Sensei Vance Prince then 4th Dan in 1972. He came to Australia from Canada via the SOHONBU where he spent some time training under O'Sensei. Prince Sensei was later graded to 5th Dan, Renshi before his involvement in the evolution of Australian Chito-Ryu ended. In the late 1970's Sensei Bill Ker was appointed President and Honbucho (Chief Instructor) of Chito-Ryu in Australia. He later gained the rank of Yondan. In early 1991 he retired from active involvement in the style. On the retirement of Ker Sensei, Sensei Brian Hayes was appointed President and Honbucho by Soke Chitose. In November 2004, Sensei Michael Noonan was appointed to represent Soke Sensei and the ICKF in Australia as Honbucho. Noonan Sensei currently teaches at the "Tasseikan" dojo in Sydney and regularly travels to Japan to further his study of Chito-Ryu under the guidance of Soke Sensei and other senior Chito-Ryu Karateka. In October 2008, Noonan Sensei was graded to the rank of 6th Dan, Renshi. At the same time, Mark Snow Sensei and Martin Phillips Sensei, were graded to the level of Shihan. And for the first time in the history of Australian Chito-Ryu, three active members achieved the level of Shihan or higher. This formed the foundation of an Australian Shihan-kai, which serves to protect the teachings of Soke Sensei in Australia and support Noonan Renshi as Honbucho (Chief Instructor).

RESPECT IN THE DOJO

Zarei - Seated Bow

Seiza is a formal sitting position and is used at the start and end of every class during meditation and reflection, and at various times throughout the class. Posture is very important not only whilst sitting, but also during the processes of sitting down and standing up from seiza. For step by step instructions, how to stand/sit and how to bow from this position please refer to your beginner manual.



JAPANESE IN THE DOJO

Shugo: Assemble
(shu-go)

Ki o tsuke: Attention
(ki-o-tsu-ke)

Yoi: Ready
(Yo-i)

TECHNIQUE TIPS

Technique: Jodan Uke (Rising block / head block)

Step by step explanation and important points:

1. Starting from an existing block
2. Bring your blocking hand across your body on the diagonal towards your elbow
3. Raise your blocking hand on the outside of your pull back hand
4. Finish your jodan uke, twisting your forearm at the end until your palm is facing out, finishing with your fist higher than your elbow and your wrist in front of your forehead
5. Finish with a gap of about one fist between your wrist and your forehead
6. Both hands working together
7. Check wrist is flat and not bent (both hands)
8. Pull back hand is aiming at target



Front View



Side View

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: Conduct yourself in a formal, respectful manner at all times when in the dojo. Always refer to instructors as Sensei (the black belt instructor) or sempai (assistant instructor). Students must also show respect to each other, cultivating the virtues of modesty and humility.

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

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