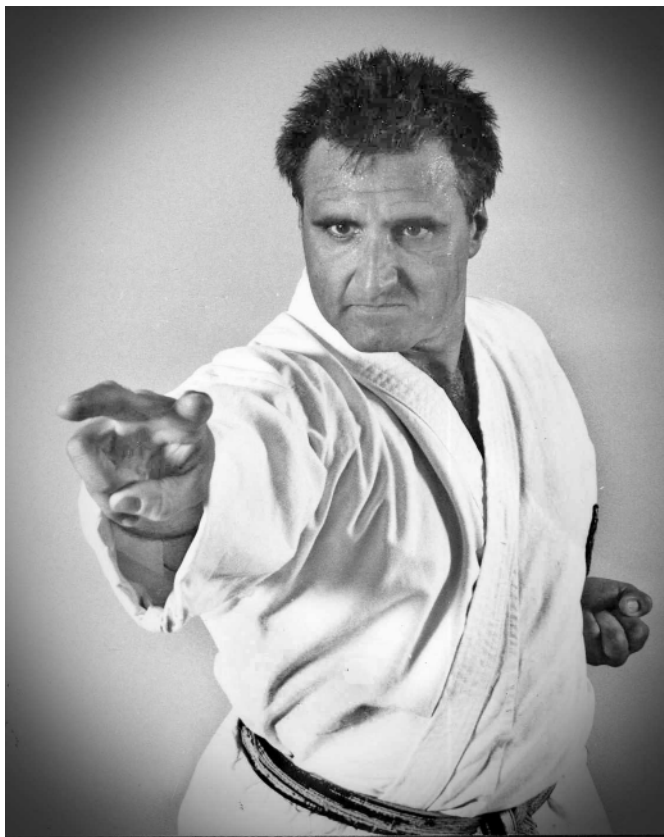




## ***Are Kata really necessary?***

**Holy Cow Batman!** Is that really Sensei Vince talking!? Yes indeed it is. It is time for some serious discussion and appraisal of Kata, their purpose and their function. After which, we have to address the question - Are Kata really necessary?



Many times on seminars I am faced with students from a variety of Martial Arts systems who do not possess a core background of knowledge and expertise in Kata, the solo forms of Karate practice; indeed considered since

antiquity as one of the essential Tripos upon which so many base karate development - Kihon, Kumite and Kata!

Their main purpose in attending my seminars is to test out and gain knowledge of a form of Karate that owes much to its original conception - that of being functional and effective in real-life confrontations.

Of course, they may or may not be aware that the vast majority of the techniques we teach (which are essentially street-tested by years of Law Enforcement and Bodyguarding expertise) are drawn from the waza to be found in the Kata! They simply want methods of fast

and effective self-defense - and there is nothing at all wrong with that!

It is a peculiarly Japanese concept that Kata are judged upon their performance, not

upon their results! The 'How' and not the 'Why?'

In Japanese society, the beginnings of the "Kata" process actually takes place at school. When children enter school, they study "kanji" and must learn the exact stroke order. If they do not write the characters in the precisely prescribed manner, although there are other easier ways to write them, they simply will not get a good grade on the test!

"Hito kata, san-nen" - "One kata, three years"

Kata are studied in all of the Japanese arts - in brush painting, theatre, flower arranging, the tea ceremony, as well as in the martial arts. But the word has a much broader meaning in Japanese culture, which places a great emphasis on the correct way to do anything, from how low one should bow in greeting, to brushing your teeth. Even great companies such as Toyota have their own Kata



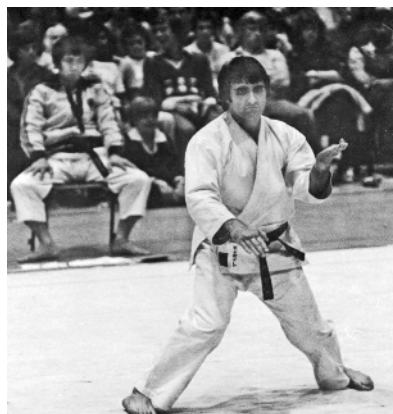
There is even a Kata for how one should present one's business card in the correct way. Originally, of course, combat methods were passed on by physical demonstration, and by word of mouth. Later came the recording of important techniques in scrolls which were kept secret by the masters of various schools of combat. In such circumstances, with only oral and direct transmission of Kata from instructor to student, with no external examples to compare against, an instructor could see Kata as adaptable as he wished, either keeping it unchanged, or modifying it wherever and whenever he felt necessary.

In those days the purpose of an instructor wasn't to keep a large bunch of students correctly lined up in a class practicing as a group. Learning one kata for three years, meant three years of one to one, constant instruction, shaping the student toward their maximum, not the outline of a template.

The complete study of kata involves much more than simply repeatedly performing the moves of the kata itself, it involves actually learning how to effectively modify and apply the movement against - firstly pre-arranged - common forms of attacks and later moving to applying the same techniques against random, spontaneous attacks.

The goal of pure solo kata practice is to learn control, working on greater control in stances, technique execution, body movement, etc., all of which emphasizing the maintenance of complete mental concentration!

Without huge dependence upon Kihon training - developing consistency speed and power in the execution of individual techniques, good Kata is impossible! The function of Kata is to continually hone (by constant repetition) further prowess in delivering fast, balanced and completely effective techniques in a calm mindful state. Until this is mastered, no amount of knowledge of Bunkai (loosely - the various applications possible indicated by the variety of techniques within the Kata) will make the student achieve anything like the potential he or she has for effective defensive combat!



This all presupposes that the student is determined to enter into, understand and master a complete Fighting Art together with its concomitant physical and

psychological advantages.

***However - Today, that is not necessarily the case at all!***

A huge number of would-be students are not primarily interested in such a long-term commitment, but prefer to gain rapid knowledge and skill in a combat art that offers just as effective methods but in a much shorter time-frame!

Consequently, we see the huge increase in society of interest in combat arts such as Krav Maga and MMA and the like. In these and similar systems, there is no great long-term emphasis upon mastering Kata over a number of years.

No indeed! There is a large huge of Sports Type Karate-Ka who are now showing an upsurge in interest in adding realistic, not ritualistic Bunkai to their regular training, indeed it is now often demanded as part of their examinations for Dan grades.

Of course, the problems arise when sensei who have been taught within the Post Japanese Karate era most frequently have no idea at all of the superb real defensive techniques that abound within the Kata! Generally, they attempt to 'reverse-engineer' what they see on the outside as perfectly obvious (to them) techniques:

A kick is a kick, a block a block, a punch a punch and so forth. Whereas in fact the *omote* versions (surface) are simply disguising the *ura* (hidden) reality.

This is not exactly new, however. Many years ago, when I used to accompany the English Team as England MAC chairman, I got to know some of the very top competition fighters in the world.

I actually had great admiration for both Ticky Donovan (the Team coach) and for many of the fighters. Indeed, I invited them to teach seminars in my own Dojo to help my students.

In particular, I was in admiration of the silky fluidity of the techniques employed by Vic Charles, who was so consistently successful in competition!



However, Vic actually had little or no interest in the formal Kata training of Karate, concentrating instead on developing kumite

combinations and tactics for achieving success in competition! He admits:

***“Basic Karate struck me forcefully, I had to do it, but only so that I could do the competition, not the rest!”*** (Sport Karate 1983.)

Vic went on to gain many titles and was awarded the M.B.E. for services to Karate in 1989.

Significantly, however, for those who maintain that being excellent in Sport Karate also empowers one in self-defence, Vic unequivocally states:

***“A man can be good at Sport Karate and Traditional Karate and not be good at defending himself!”***

(Bear in mind that here Vic is speaking in a time when ‘Traditional’ Karate did not recognise, nor teach, the importance of effective Bunkai!)

I also was aware that in competitive Kata, it was possible to win purely by the outward display of graceful but strong techniques, rather than by possessing the internal strengths and the knowledge imparted by traditional Kata training. This to the extent that I know of one young lady dancer, with (at the time) very little in the field of genuine formal Kata ability, won championships on the strength of her excellent,

dramatic performances!’

Nothing really new there, then, as the judges in such events are always swayed by the ‘beauty’ of the external performance.

So, what do we take from this?

Are Kata really necessary?

It all depends upon what you want from your training. You have to choose whether competition success is preferred over a life long art.

(Although it must be said, that at any stage one can change one’s direction, and age also has a bearing here.

If pure fighting prowess is sought, then Kata *per se* are not required. Indeed many MMA fighters today - including one - *The Irish Dragon* Paul Felder, who used to train in my Dojo in New Jersey from time to time, would be the first to admit!



Therefore, on my seminars, although the majority of waza is Kata derived (as they are the ‘tool-boxes’ of Karate) this does not affect what

attendees need to know Kata in advance, nor how they train, as each sequence and scenario is shown and taught in a purely practical fashion.

The attendees do not need prior Kata knowledge, but it must be said that those who do have such knowledge will be far better prepared to continue the practice when back in their own Dojo.

The beauty of this, is that students from all different types of martial backgrounds can gain from attending.

Ju-Jitsu-Ka, Aikido-Ka, Judo-Ka, MMA fighters, Krav Maga exponents - all can take away something which will enhance their own training and understanding without having to worry about prior knowledge.

There are 3 seminars coming up - one next weekend in France, two shortly in Germany (see details in this newsletter) followed by another in the West of England in Wincanton, Somerset at:

The Honbu, Unit 10, The Tythings Commercial Centre, Wincanton, Somerset BA9 9RZ - 19/20 October 2019, Sat 11-4pm, Sun 10-3pm.

Why not make an effort to come and train with like-minded martial artists?

Just bring your questions and test out our motto:

**Reality - Not Ritual!**

Contact us if you would like to host your own seminar - it is simple.

© Vince Morris 2019



Whatever your style, you will certainly gain much on these seminars!



**Kissaki-Kai Karate-Do**

*Lorsque vous êtes prêt pour un Karate réalité!*

Called by a USA White House security advisor:  
The Master who teaches the Professionals!



**Vince Morris (9. Dan Karate)**

**Date: 21 & 22 Sept 2019,**

Place: Halle Lucie Aubrac, 171 av. Georges Clémenceau, 34500 Béziers

horaires: Sam: 10-13.00, 14-15.00, Dim: 10-15.00

Ven. BBQ - 18.00 Faugeres

SVP contactez Meiko Béziers Karate,

nathalie.trotin@dbmail.com

Tel: 00 33 (0) 4 67 76 77 35 ou 06 86 97 84 28

Ou eva@kissaki-kai.com, 00 33 (0) 6 44 81 00 02



Assisté par:  
Guy Janssens 7<sup>th</sup> Dan  
Don Came 7<sup>th</sup> Dan  
Eva Morris 5<sup>th</sup> Dan....  
avec les autres

**Réalité, pas Rituel!**

Come and participate in amazing training and lots of fun, with senior Kissaki-Kai instructors from the UK, USA and Europe. Learn real defensive Kata Bunkai plus the 'Rules of Combat' which make all techniques much more effective. Reality, not Dojo Ritual!

Venez à ce stage découvrir l'un des entraîneurs le plus renommés de Self défense efficace et pratique, qui a enseigné aux responsables de l'application de la loi et au personnel de sécurité.  
Une excellente occasion de comprendre différemment les applications Kata. Tous les styles et arts martiaux affinitaires sont les bienvenus. S'il vous plaît venir avec des questions et essayer nos techniques!  
Assisté d'autres instructeurs de Kissaki-Kai: Guy Janssens, 7ième Dan responsable des grades en Belgique - Don Came, 7ième Dan responsable des grades en UK, Gerry Smullen 5<sup>th</sup> Dan Ireland et Eva Morris, 5ième Dan, plus beaucoup d'autres!

Tarifs: €50 deux jours  
(€10 Kissaki & Meiko member discount)

€35 seulement un jour  
(€5 Kissaki & Meiko member discount)



# Big news!!!

The Kissaki-Kai Bunkai DVDs are in process of being transferred to re-usable USB drives. If you opt for this choice rather than the DVD format you can also copy the content to your PC and make use of the USB drive for whatever you want. A great value for money!



The difference between Sport Karate and Kissaki-Kai real defensive training!

When necessary -  
**Deliver a World of Pain with Kissaki-Kai!**

Kissaki-Kai DVDs soon available as re-usable  
**USB DRIVES!**

**Coming Soon!**

## Guest Review 2019 - 5 Stars! A wonderful family holiday



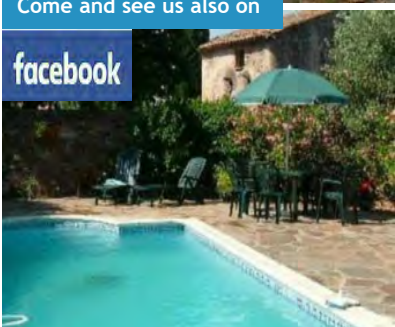
We have just experienced the perfect villa for a family. We booked the villa hoping it would be suitable for two families with children aged between 7 years to 15 years. This villa exceeded our expectations. The decor is beautiful and the villa has a special wow factor as you walk in. The rooms are bright, airy and exactly as described. The pool is totally private, crystal clear and well maintained. The attention to detail is evident everywhere. The ultimate winner for us was the owners of the villa are close by, non intrusive but readily available to help with any villa related question and our enthusiasm to learn about the area. A 'must-see' villa for any family. Thank you for our special holiday.

[www.soleilenfrance.com](http://www.soleilenfrance.com)



[www.soleilenfrance.com](http://www.soleilenfrance.com)  
Come and see us also on

facebook



Sensei Vince and Eva are offering family vacations in the South of France in the lovely hilly area of Languedoc

Here one can enjoy peace and quiet around the private pool, enjoy hiking and cycling in the beautiful country-side, yet be only a short drive from the Mediterranean beaches.

Easy reach of Golfing, kayaking, fishing etc., with the bonus (if desired) of private training with the sensei. The large house has easily room for groups of up to nine, self-catering.

This is 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

**SPEND YOUR HOLIDAY WITH US IN FRANCE**

[info@kissaki-kai.com](mailto:info@kissaki-kai.com)

Or keep in touch via the

Face Book page -

Kissaki Karate International



# Effektives Bunkai für Selbstverteidigung: Treffer mit Wirkung



**Vince Morris, 9. Dan**

Eva Morris, 5. Dan  
Guy Janssens, 7. Dan



29. September 2019

**FRANKFURT**

## Lehrgangsinhalte:

**Kissaki-Kai** richtet sich an den ursprünglichen Werten und Prinzipien der Kampfkünste aus und versucht, Karate wieder zu dem zu machen, was es ursprünglich war: eine sehr effektive Selbstverteidigungskunst.

Während dieses Lehrgangs werden die fünf grundlegenden Elemente des Kämpfens gelehrt:

- *Ne-waza* (Boden- und Griffkampf),
- *Nage-waza* (Wurftechniken),
- *Atemi-waza* (Treffer anatomisch empfindlicher Punkte),
- *Shime-waza* (Würgetechniken)
- *Kansetsu-waza* (Hebeltechniken)

Lehrgangssprache ist Englisch.

## Trainingsort:

BSG Commerzbank Frankfurt  
Schaumainkai 65  
60596 Frankfurt am Main

## Trainingszeiten:

11:00 Uhr bis 12:30 Uhr  
13:00 Uhr bis 14:30 Uhr  
15:00 Uhr bis 16:00 Uhr

## Lehrgangsgebühr:

40 EUR (35 EUR für Kissaki-Kai-Mitglieder, Schüler und Studenten)

## Anmeldung:

Die Teilnehmerzahl ist begrenzt auf 40 Personen. Wir bitten daher um vorherige Anmeldung und Überweisung der Lehrgangsgebühr.

Anmeldeformular: <https://forms.gle/j9qzh1Y9hDfHDa7Q8> oder über den QR-Code.

Alle Karate-Stilrichtungen, Gürtelgrade und andere Kampfsportarten sind uns herzlich willkommen. Vorkenntnisse in Karate oder Kissaki-Kai sind nicht nötig.

## Bei Fragen schreibt uns eine Mail:

Peter Russell - [peter.russell@commerzbank.de](mailto:peter.russell@commerzbank.de)  
Myriam Traub - [myriam.traub@gmail.com](mailto:myriam.traub@gmail.com)



**Der Veranstalter übernimmt keinerlei Haftung für Personen- oder Sachschäden.**

**BSG COMMERZBANK  
FRANKFURT/MAIN**

ZUM ERSTEN MAL IN NORDHESSEN

# Kata-Bunkai-Lehrgang

mit

**Shihan Vince Morris,**  
9. DAN Kissaki Kai Karate



**Angewandtes, ursprüngliches  
& realistisches Bunkai.  
Lernen Sie wirksames  
Bunkai von einem  
Karatemeister mit über  
50 Jahren Erfahrung in  
Karate, Judo & Kyushu-Jitsu.**



## Samstag, 28. September 2019

Kampfkunstübergreifend, alle Graduierungen, ab 14 Jahren

**Lehrgangsort:**

Großsporthalle Bebra,  
Austraße 12, 36169 Bebra

**Beginn:**

10:00 Uhr

**Ende:**

16:00 Uhr

**Seminargebühren:**

30 Euro

**Hinweise:**

**Lehrgangssprache ist Englisch,**

in den Pausen werden Speise & Getränke angeboten,  
der Lehrgang ist auf **70 Personen begrenzt**, daher  
wird um Anmeldung unter Email:

[info@karate-verein-bebra.de](mailto:info@karate-verein-bebra.de) gebeten.



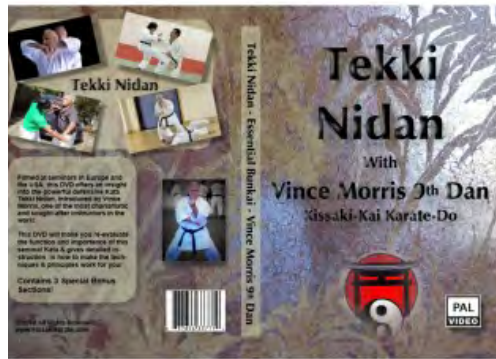
**Weitere Infos unter: [www.karate-verein-bebra.de](http://www.karate-verein-bebra.de)**

**! Der Veranstalter übernimmt keinerlei Haftung für  
Personen- oder Sachschäden!**

Just a few of the Books and DVDs by sensei Vince available on the Website:  
[www.kissakikarate.com/shop.htm](http://www.kissakikarate.com/shop.htm)



Special NEW LOWER PRICES and BARGAIN BUNDLES - Check them out! You can also see many Promo videos on the Kissakikai Youtube Site. Also FREE One Minute Dojo episodes on [www.kissakiusa.com](http://www.kissakiusa.com)



This DVD will make you re-evaluate the Importance of this seminal Kata!

[Make it work for you!](#)

[www.kissakikarate.com/shop](http://www.kissakikarate.com/shop).

For 5 years Kissaki-Kai has offered an On-line, Distance-learning Website which, for a small sum, gives members monthly downloads of video training in all elements and levels of the basics which comprise the system.

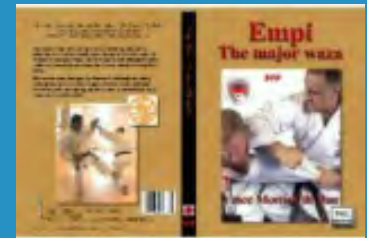
This is invaluable to all who want to master Kissaki-Kai, but who do not live near a Kissaki Dojo!

Why not take a look and see if it could help you?

[www.kissakikai.com](http://www.kissakikai.com)



See FREE PROMOs of the DVDs on Youtube - Go to KISSAKIKAI and check them out .



## SEMINARS

There are many seminars already in the calendar - go to [www.kissakikarate.com](http://www.kissakikarate.com) - to check for one near you, or contact us if you would like information on how to host one in your own Dojo. [info@kissaki-kai.com](mailto:info@kissaki-kai.com)