



Kissaki-Kai Karate-Do

Newsletter

September 2016

Georgia USA Seminar Report

LIKE US ON FACEBOOK add comments and questions and become friends - VINCE MORRIS



Sensei Phil with Sensei Vince - Georgia

Seeing Kissaki-Kai material for the first time is mind blowing. We all have experienced that eye opening moment of clarity that makes us question everything we have studied before. That is what happened to Kelly Leo and his Full Throttle Fitness group. Through a random meeting, he was introduced to some basic Kissaki-Kai concepts and became so interested that in March of 2016 he sponsored an I.S.O.K. seminar with Vince Morris and Master Chuck Merriman. That seminar was an introduction to analyzing Kata, history and the practical training of the rules of combat. Master Chuck Merriman, 10th Dan Goju-Ryu taught the connection between the development of Kata and why it is more than just a set pattern of movements. He explained how translation and cultural heritage is passed down through Kata and that often the research into Kata unlocks meanings and deeper understanding of what Kata is trying to teach us. Covering some of the differences between Okinawan and Japanese

cultures and how those differences lead to changes and misinterpretations. Master Merriman is a wealth of knowledge and inspires me to research deeper in the histories beyond the face value of Kata. Vince Morris took over in the afternoon and taught the basics of Kissaki-kai and how they relate to the rules of combat. Over half of the participants were experienced Kissaki-kai members from all over the USA and even one from Sweden. The other half was experiencing Kissaki-Kai for the first time. Learning these basics can be confusing at first, but this seminar, a combination of elite level instructors mixed with both the experienced and inexperienced, created a truly unique event. After this incredible introduction seminar Kelly Leo and his Full Throttle Group had to have more. Jump ahead to August and Full Throttle scheduled a follow-up seminar With KissakiUSA instructors Phil Oakes and Robin Short. A small group of instructors and upper level students started a 5 hour seminar introduction to



What makes Kissaki-Kai different is the constant application of the **'Rules of Combat'** to all methods of defending against an attack. Developed over many years of research and Police Training, these 'Rules' can make the difference in surviving an attack!

This new Double DVD set expands and enlarges upon the original DVD and is an indispensable resource for all martial artists who really want to develop unbeatable defenses! Now available on its own or as part of a set with the Book and 1st DVD!
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Tekki-Shodan. Not much time to cover a Kata that has several seminars worth of material in it, but they were willing to put in the work and try to cover enough material to give them a starting point to continue training with the Kissaki-kai concepts. We started explaining that Kissaki-Kai is not style dependent and can be used by all styles. Especially important to this seminar. Full Throttle is full is a contact fighting school and recently began the formal study of Shidokan karate. This type background along with a long list of accomplished fighters, means training hard is the norm. Not often do I find such open minded students that really train as hard. Since the formal study of Kata is rather new to Full Throttle Fitness, Robin Short and myself decided to co-instruct the seminar allowing each other to jump in to teach or to correct mistakes as we saw them, often having to back-track to cover techniques in greater detail and then quickly return to the partner drills.

A lot of information was covered, but the questions flowed easily. We laughed, saw eyes light up when they understood how the technique was explained in Kata, and watched as everyone stepped back when a Uke was needed. It was informal, fun and yet I think we trained as hard as I ever trained at a seminar. I admit just trying to learn some Bunkai in one seminar can be a lot, but we also covered Kissaki-Kai sparring drills, body/hand positioning in setting up the fight, some of the history of the Kata and lots of foot movement. By the end everyone was spent both mentally and physically. That was the goal. Karate should challenge the mind as much as the body. By the conclusion of the seminar everyone was mentally and physically spent. Even after the seminar at dinner, the questions kept coming.

Personally, after training for many years in Kissaki-Kai, I often take for granted how amazing our instructors, members and concepts are. Participating in these two introduction seminars was also eye opening for me as well. I was re-introduced to those things that also blew my mind so many seminars ago. Full throttle Fitness is already on the path of learning Kissaki-kai principles. With two seminars under their belts already this year with more in the future. Thank you to Kelly Leo and Full Throttle Fitness for hosting. Training with other karate fanatics is always fun. Finding other schools that like to train hard and are open minded to learn what you have to offer is such a joy.

Phil Oakes (6th Dan KissakiUSA)



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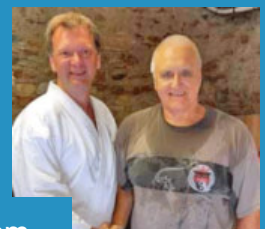
Sensei Vince and Eva are offering family vacations in the South of France in the lovely hilly area of Languedoc where one can enjoy peace and quiet around the private pool, enjoy hiking and cycling in the beautiful countryside, yet be only a short drive from the Mediterranean beaches.

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

SPEND YOUR HOLIDAY WITH US IN FRANCE



Ludwig Pfefferkorn and family had a great time! To see more go to -



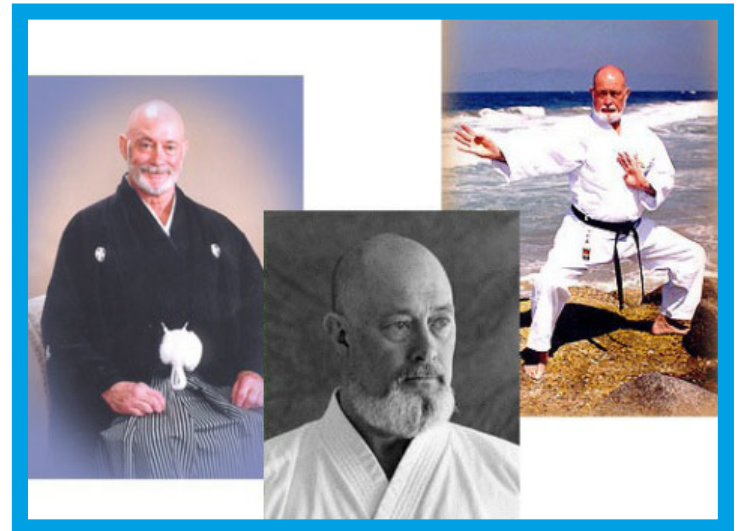
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Rank Awards..

Recently, Master Chuck Merriman was awarded the rank of 10th Dan for a lifetime record of excellence in training and teaching, and sensei Vince was also awarded the rank of 9th Dan from The International Society for Okinawan and Japanese Karate (I.S.O.K.) The UK Chief Instructor Don Came was awarded 'Kyoshi' and USA Kissaki Instructor Robin Short 'Renshi.'



Master Chuck Merriman 10th Dan



Master Chuck clears up some points about Karate Terms..

Thanks to sensei Robin Short USA Instructor for making these thoughts available...

Few have the time or the inclination to delve into the kanji characters that comprise each Japanese word, says Goju-Ryu 10th Dan, Chuck Merriman "The misunderstanding comes from just physically training in karate and not really studying karate," he says: "The true meaning of these words isn't important if you only practice karate for exercise or sport, but for Karate-Do - the physical, mental and spiritual study of karate - it becomes very important."

Merriman sensei says **Bunkai** is one of the most misunderstood terms in karate, and he's speaking from experience. "The first thing I do when I run seminars is ask people what **Bunkai** means, and the first answer is invariably 'application,'" he says. In fact, the word refers to **analyzing a technique** by looking at the overall movement and breaking it down into the individual components. Plus there are 3 levels: **Kihon Bunkai**, is basic. Everybody does the movement exactly the same way. It's like learning Kata. The second is **Oyo Bunkai**, varying the movement to suit you. and **Renzoku Bunkai**, entailing a continuous action whereby you do one technique, then your opponent executes a different one. "It's almost like fighting,"

Dan - Misunderstood meaning: **Degree** The actual meaning: **Level, Step or Grade**

Why it matters: When karate was introduced in the West, many people erroneously believed that anyone with a black belt was an expert, Merriman says. That may also account for their tendency to refer to Dan ranking in terms of degrees. "It's the furthest thing from the truth. There are different levels- from shodan, or first level, all the way up to 10th Dan [which mark your] progress throughout your career in karate."

That's one reason he's a little skeptical when he runs into a 20-year-old boasting about his fifth-level black belt. "It doesn't add up to the training time and experience you need to achieve that level of expertise," he argues.

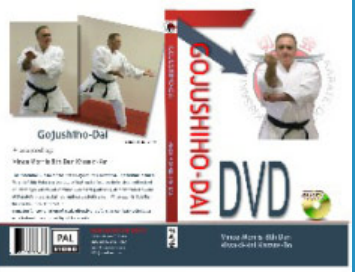
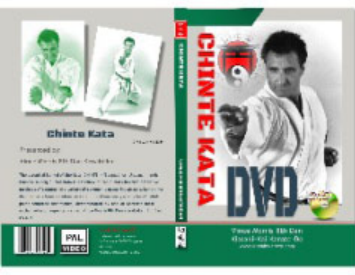
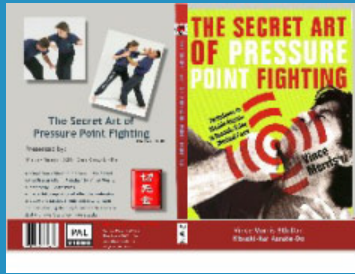
Rei - Misunderstood meaning: **Bow** The actual meaning: **Spirit or Soul**

Why it matters: "For somebody practicing karate for exercise or sport, **Rei** is merely a salutation," Merriman says. "These days, people bow by nodding their head and slapping the sides of their legs, but that's not the proper way to do it." The bow must come from the abdominal area because that's where the **Tantien** (the seat of the soul) is. "If **Rei** is 'soul,' obviously the bow has to be done from there," he adds.

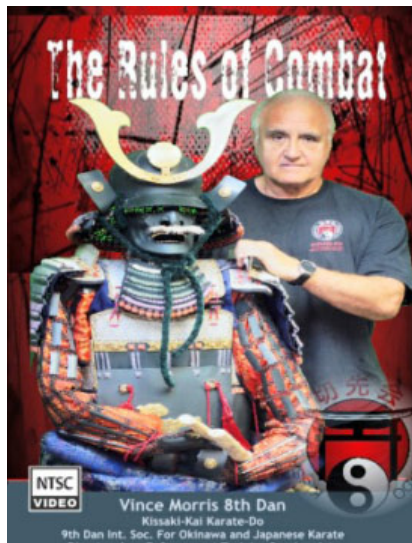
We will be looking at more terms in the next edition.

Go to: www.kissakiusa.com to check out all the FREE 'One Minute Dojo' instructional videos!

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



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For 4 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.

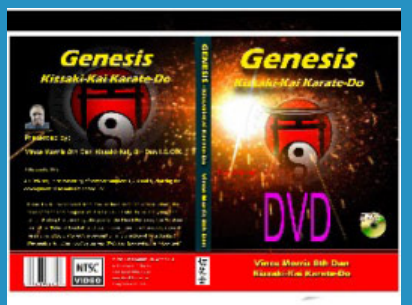
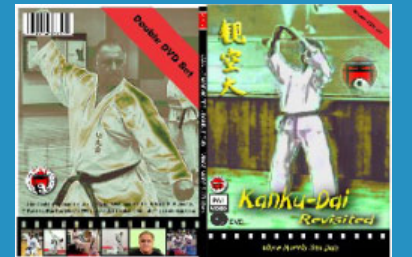
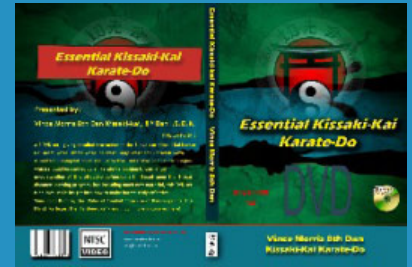
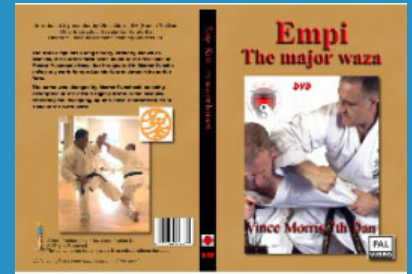
This is invaluable to all who want to master Kissaki-Kai, but who do not live near a Kissaki Dojo!

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

www.kissaikai.com

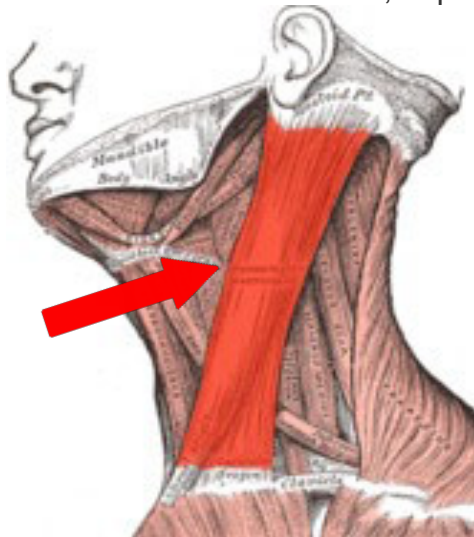


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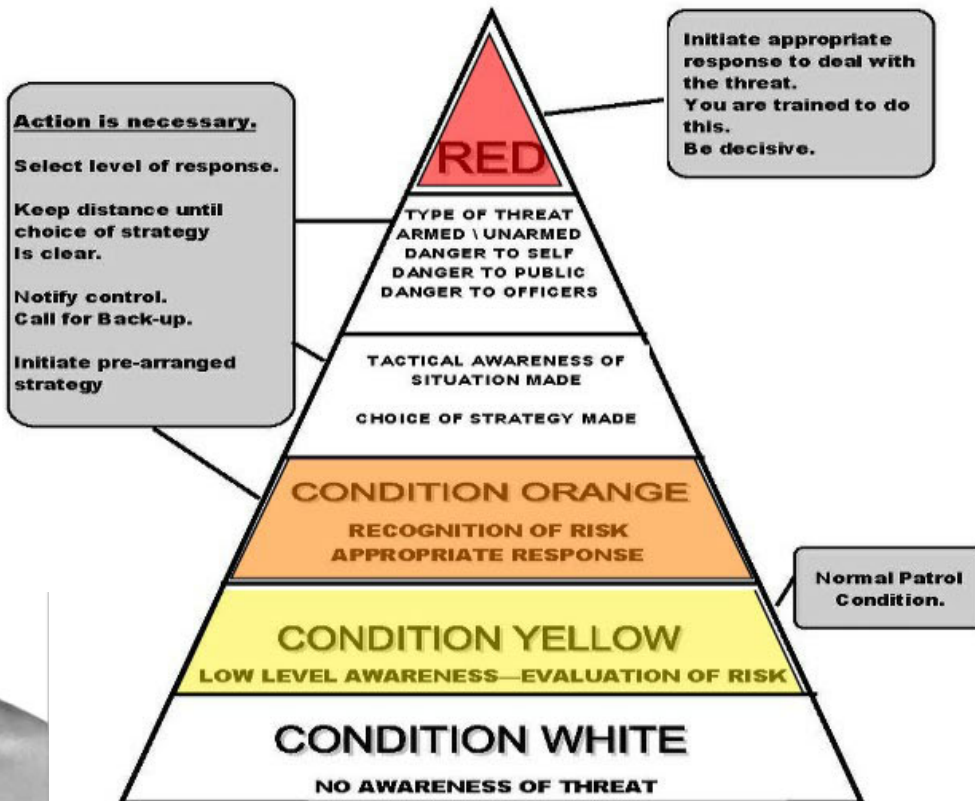
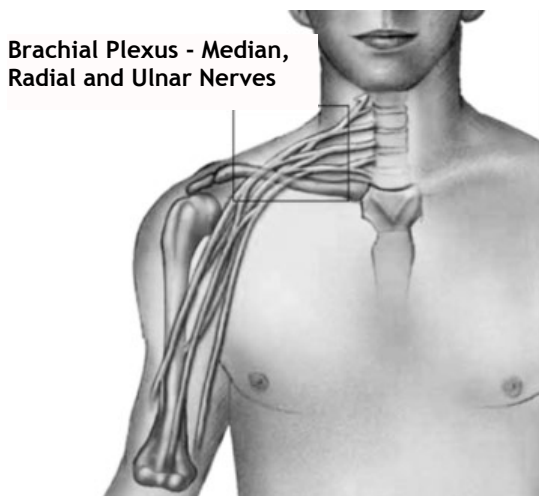


Question: Is it better to strike the neck in a circular motion with Shuto, or directly forward?

Generally, so as not to strike a fatal blow, the hips and arm should use a circular motion to begin and translate into a more direct blow to the front side of the sternocleidomastoid muscle. A stronger strike in a circular motion directly to the side of the neck could also cause great damage to the phrenic and vegas nerves - which could be fatal. Your choice, dep ending on circumstances.



Stomach 9 Point



Threat Evaluation Pyramid

Colour System Threat Awareness System - to combat 'Complacency Kills!' (Rule of Combat)

Don Came sensei - 7th Dan UK chief Instructor demonstrates the direct 45 degree strike to attack the Brachial Plexus and major nerves rather than a circular strike with Shuto at a 90 degree angle which could fatally damage the underlying Vegas and Phrenic nerves related to breathing, heart-rate and to blood pressure.



2016 zum 4. Mal in Fürth



Vince Morris

8. Dan Karate



Kata-Bunkai-Lehrgang

24. - 25. September 2016

TV Fürth 1860 e.V.

Über Vince Morris:

Vince Morris ist eine der führenden Persönlichkeiten in der Welt des Karate. Mit seiner Erfahrung aus über 50 Jahren Karate, Judo und Kyusho Jitsu beeinflusste er viele bekannte Kampfkunstexperten. Als Vertreter und Vorreiter des angewandten Karate unterrichtete er an Polizeischulen in Amerika und verbreitete sein Kissaki-Kai Karate-Do in seinen Dojos in Amerika, Europa und China. Vielen ist er bekannt aus seinen Büchern und Videos über Anwendungen aus den Kata und der Lehre von den Vitalpunkten.

Weitere Infos: www.kissakikarate.com und www.kissakikai.com

Lehrgangsprogramm:

Der Lehrgang steht in diesem Jahr unter dem Motto KISS („Keep it simple, stupid“)

- Selbstverteidigung gegen Angriffe von einzelnen oder mehreren Angreifern
- Selbstverteidigung gegen Messer
- Übungen zur Steigerung der Geschwindigkeit
- SV-Anwendungen werden hauptsächlich mit Techniken aus der Kata Empi geübt

Trainingszeiten:

Samstag, 24.09.2016
10.00 bis 11.30 Uhr
12.00 bis 13.30 Uhr
14.00 bis 15.00 Uhr

Sonntag, 25.09.2016
10.00 bis 11.30 Uhr
12.00 bis 13.30 Uhr

Hinweise:

- Die Teilnehmerzahl ist auf 65 Personen begrenzt.
- Holzmesser werden gestellt und können nach dem Lehrgang erworben werden.
- Die Lehrgangssprache ist Englisch.
- Übernachtung im Dojo mit eigenem Schlafsack ist möglich. Bitte bei der Anmeldung angeben.
- Für Verpflegung (Kaffee / Tee, Kuchen) wird gesorgt.
Für deftigere Malzeiten steht die benachbarte Vereinsgaststätte zur Verfügung.

Ort:

Sporthalle des TV Fürth 1860 e.V., 90768 Fürth, Coubertinstraße 9 - 11

Teilnahme-kosten:

40,-- Euro für beide Lehrgangstage
25,-- Euro nur für Samstag, 20,-- Euro nur für Sonntag

Anmeldung:

Bitte per E-Mail an: vince-morris-2016@karate-fuerth.de
mit Angabe von Name und Buchungstagen. Die Anmeldung wird mit E-Mail bestätigt.

Veranstalter:

Karate-Abteilung des TV Fürth 1860 e.V. - www.karatefuerth.de
Verantwortliche: Stephan Kohler (info@kohler-online.com) und
Kay Böhme (kboehme@mnet-mail.de)

Sonstiges:

Der Veranstalter übernimmt keinerlei Haftung für Personen- oder Sachschäden

**UK Seminar Dates with Sensei Vince 26th and 27th November just announced.
Check Facebook and website www.kissakikarate.com for details.**