



**Kissaki-Kai
Karate-Do**

Newsletter

November 2019

In all societies, in all ages, through the violent propensities of man and the innate greed and selfishness of many - from the highest to the lowest in society - there have been both predators and victims, the guilty and the innocent.

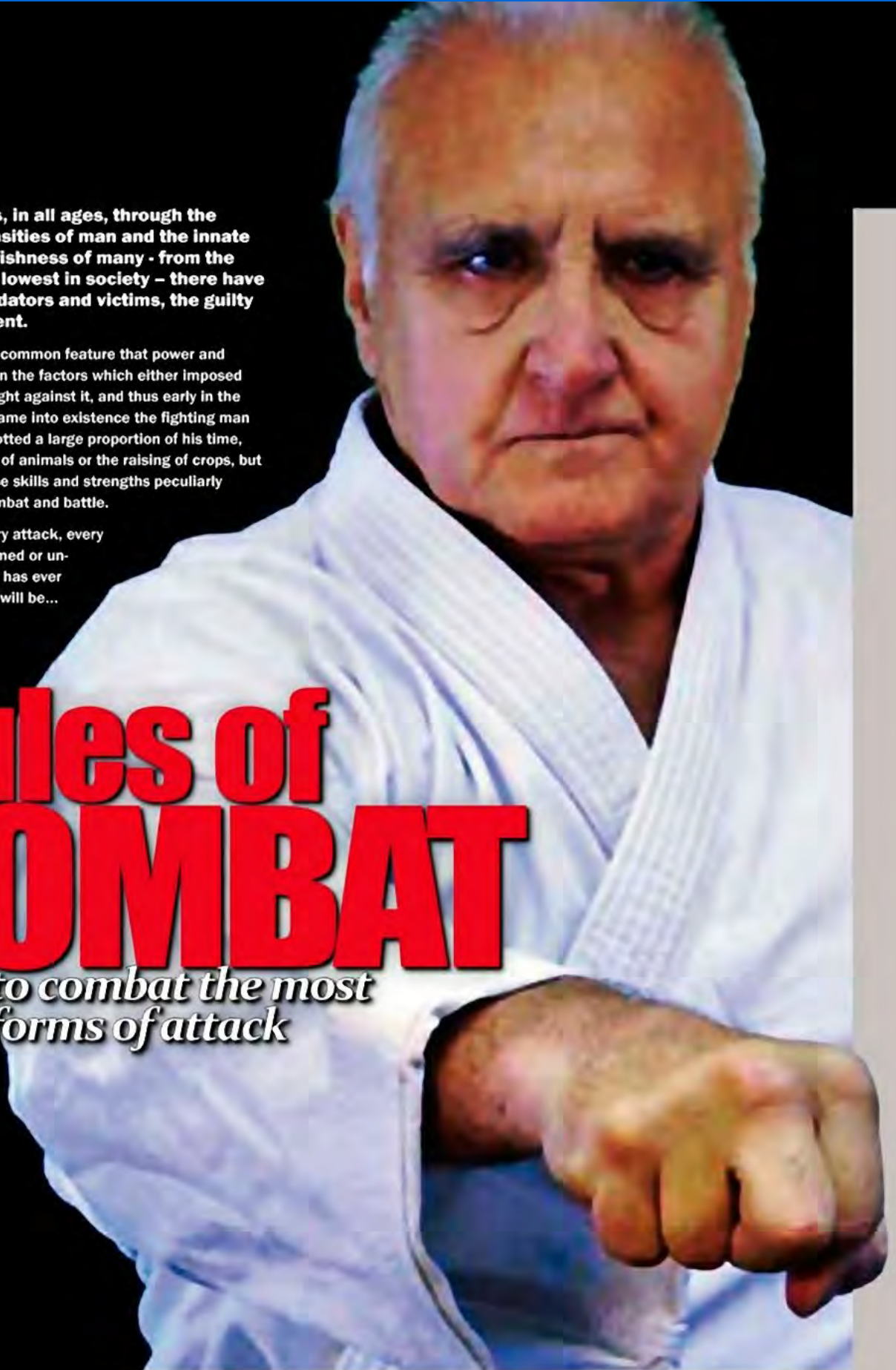
It has also been a common feature that power and strength have been the factors which either imposed domination or fought against it, and thus early in the pages of history came into existence the fighting man or warrior who allotted a large proportion of his time, not in the tending of animals or the raising of crops, but in developing those skills and strengths peculiarly appropriate to combat and battle.

In every fight, every attack, every confrontation - armed or un-armed - that there has ever been, or that ever will be...

**...THERE
ARE RULES!**

Rules of COMBAT

*Train to combat the most
likely forms of attack*





Article: Vince Morris

Photographs: ©Vince Morris

Excerpt from:
www.worldofmartialarts.tv/magazine
Online or physical magazine

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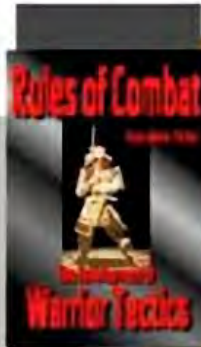
ost people never consider the rules, and their

first reaction is to dismiss the idea; do not fall into that trap! Consider this - Every raw recruit in the armed forces gets to face initial weeks of gruelling training - first physical and then increasingly technical (tactical) to develop them from an unaware civilian into a fit and capable fighting weapon.

Every arm of the forces has to rely upon Drill Sergeants and the like - sometimes veterans of conflict, sometimes not - to instill in these recruits reactions that will serve them well in forceful confrontations. It is exactly the same in the training of Law Enforcement operatives and bodyguards. They all need and receive training, reflecting their individual needs.

In mediaeval Europe, those who would be proficient in the art of self-protection would take instruction from sword masters.

George Silver's book: *'Paradoxes of Defence'* was published in 1599. The work was concerned with methods of sword fighting and in particular the rapier, and teaching tactics to both use and defend against this and other weapons. His concomitant work— *'Brief Instructions on my Paradoxes of Defence'* does not appear to have been widely known.



WARRIOR TACTICS

Since the beginning of history, Men have engaged in personal combat. Now you can learn the 'Rules' - drawn from military and civilian sources - that will give you the edge when there is no choice left but to fight to protect your life or the lives of others. An invaluable aid to all who need to develop a systematic and powerful system of self-protection. A definite 'must have' for all martial artists and those in law enforcement.



Control prior to neck throw

As well as detailing his thoughts upon the inadequacy of the rapier as a combat weapon, he very interestingly outlines his ideas concerning the most appropriate way to prepare for and take part in real combat - **'Rules of Combat'**.

"...to take heed of false teachers of defence, yet once again in these my brief instructions I do the like, because divers [others] have written books treating of the noble science of defence, wherein they rather teach offence than defence, rather showing men thereby how to be slain than to defend themselves from the danger of their enemies..."

It is interesting to note that his statements find mirror-images in the words of the ancient Japanese sword masters, and quite clearly are just as appropriate in empty hand terms, as we can see in **Master Choki Motobu's** dislike of the type of **Karate** taught by **Master Funakoshi**.

If all battles - either between nations or individuals - were totally haphazard affairs of no particular form or structure, then there could never be any point in analysing them or trying to extrapolate logical conclusions from them.

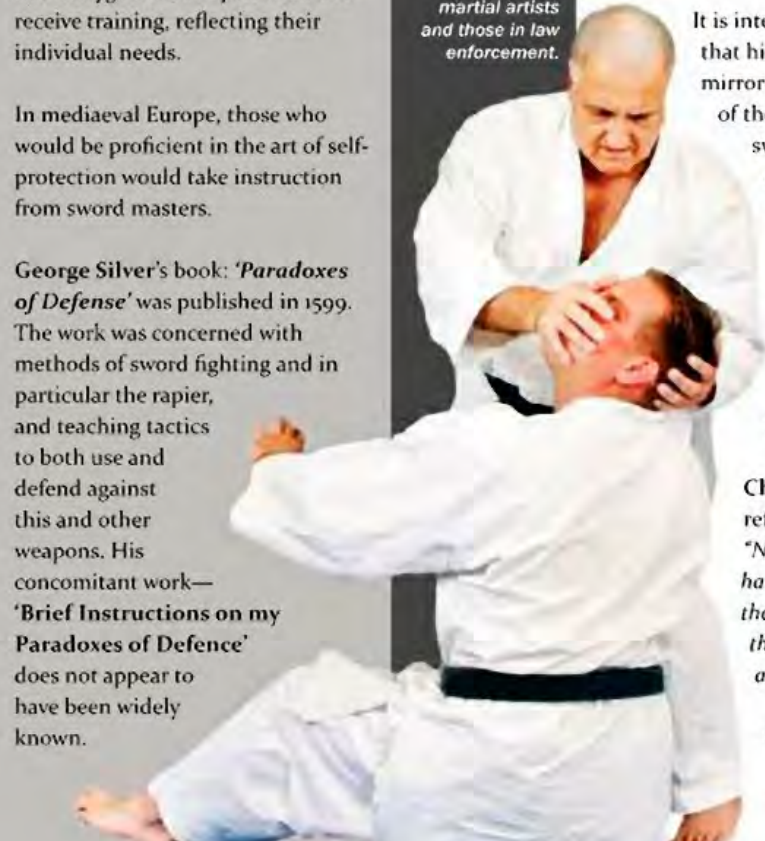
As, however, the conflict is instigated by men and fought by men, they are never indefinable or ad hoc in nature, they always have, and always will, proceed according to discernible patterns from which it is possible to determine sets of rules; rules which can later be studied and from which sets of tactical procedures can be formulated!

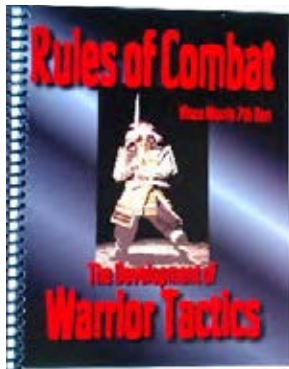
Choki Motobu reflected: *"Nothing is more harmful to the world than a martial art that is not effective in actual self-defense."*

Understanding these rules or tactics permits the warrior to gain an advantage in encounters.

George Silver admonishes his readers:

Col. Rex Applegate served in Military Intelligence, the **Counter Intelligence Corps**, during WW2 and in the latter





Rules of Combat Book available from: www.kissakikarate.com/shop

part was in charge of special training in close combat at Camp Ritchie, in Maryland USA. A renowned expert, he trained with W.E Fairbairn and E.A. Sykes (inventors of the famous commando dagger bearing their name) and at one time was assigned as bodyguard to President Roosevelt.

Col. Rex Applegate states:
"Military experience, in combat and training centers throughout the world, has shown that the average man can quickly be turned into a dangerous, offensive fighter by concentrating on a few basic principles of combat and by advocating principally the use of blows executed by the hands, feet and other parts of the body."

The savage violence of a sudden street attack, the unexpected and vicious sexual assault, the premeditated and cold-blooded terrorist bloodbath – surely these are moments of such utter madness and fear that they are by their very nature beyond all understanding and all 'rules'?

No!

Violent and instantaneous as these terrifying moments might be, they work according to fairly well-defined sets of rules, and it is through an understanding of these that it may be possible to survive them and to some extent understand both the mechanics of such moments of violence and the pressures which evolved and produced them.

However, it is apparent that it is impossible to consider this subject confining it only to those 'rules' that appertain to the immediate event of specific physical

confrontation, as there are other major influencing factors with their own particular sets of rules which have a defining or limiting effect upon the former.

By this I refer to the sets of values inherent in any society at any one particular moment (cultural, religious and ethical) and in addition the regulation of combat decided upon, imposed and

conditioned by the current militaristic or pacifistic ethos.

These factors have an enormous influence upon the actual methods of combat,



both personal and national, (i.e. in civilian self-defence and in military operations) which are by these ideals considered as either acceptable or not acceptable. As examples: in the USA I concentrate upon firearm defences, yet in the UK guns are not so prevalent, but knife attacks have seen a huge increase!

The 'Rules' as they apply to the technical aspects of personal combat are perhaps more easy to define, as they (and their changing considerations) are fairly well recorded and there are historical sources which are available for study.

Historically often found as combative techniques drawn in scrolls or painted on the side of ancient temple walls, later codified and systematized by the military on the one hand and private martial arts schools on the other, these 'Rules' form the foundation of combat wisdom studied and modified by teachers of martial arts which can be studied by the student and which serve as a template for his or her progress and practice.

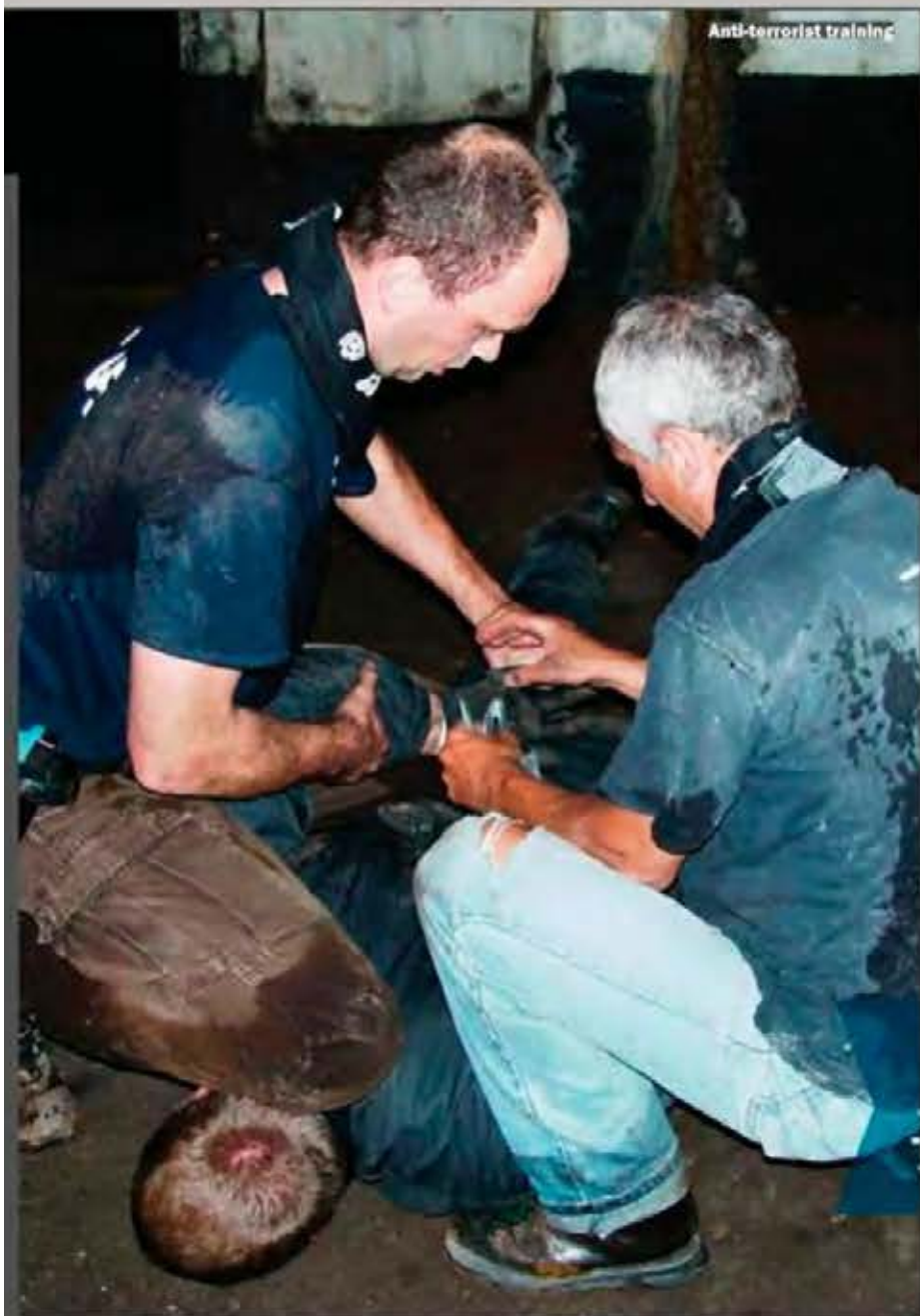
Possibly one of the earliest and best known treatise on combat is Sun Tsu's 'Art of War' (?544-496 BC.). It presents a theory of strategies of warfare for managing conflicts and winning battles. In terms of the martial arts it was studied by students and valued as a template for his or her progress and practice.

Helpful though this work undoubtedly has been through the years, it leaves a significant amount of actual tactical detail to be discovered by the reader. So, it can be more properly considered a treatise on general strategy rather than immediate tactics.

In devising the 'Rules of Combat' my intention was to simplify the situation for the martial artist, by outlining the problems presented by various types of attacks and then listing a number of proven tactics (Rules) which would assist them in



Anti-terrorist training



as the attacker!"

This means, generally be faster, although there are circumstances when a slow unthreatening move can disguise a pre-emptive strike, for example.

This, in turn, leads into the Rule: **"Never fight standing still!"**

Why is this important? Because so very many times in the Dojo I see students standing on the spot and trying to apply their defensive techniques! Take a look at real fights - how many are standing rooted to the spot? Practically none of them. So it is foolish to practice defenses that do just that!

The idea of movement leads into another related Rule:

"Never move backwards in the face of an attack unless as a tactic!"

Moving directly backwards is exactly what the attacker is expecting you to do, even if unconsciously. Far better to either move in on the attacker or follow the patterns inculcated by the original Okinawan Pinan Kata and move to 45 degrees where all your physical weapons can reach the attacker. (Be aware here of the huge disservice Master Funakoshi did to the effectiveness of Kata when he changed all these angles to 90 degrees, thus making it impossible to bring all one's weapons to bear!)

countering these problems and aiding in the execution of their defensive techniques.

In fact, there are only so many ways in which an attacker can assault a victim, be it with, or without a weapon.

In the years since I devised these 'Rules' I have, over the period, taught them to many hundreds of Military and Law Enforcement Officers - to very good effect! I am happy to have received numerous citations and letters from officers in the field who have had occasion to put them to the test, and survived to be able to express their gratitude!

What are these Rules?

There isn't space in this short article to detail

them all, but I can, at least, give you a flavour of a few. To read more, I urge you to take a look at the book *'Rules of Combat'* available from the website: www.kissakikarate.com/shop.

First, an obvious, but frequently overlooked - **"Move to a position of advantage!"** I could write a book just on this! But, I will try to be brief. There are in general two places to be in an empty-hand attack: inside the line of attack, or outside the line of attack. Right away I have to point out that all these Rules either integrate with another, or lead directly into another.

For example, here, one has to follow the Rule: **"Never fight at the same speed**



Over the years, sensei Vince has been awarded 2 Police Academy citations

In appreciation of the work he has done in training officers in Defensive and Control & Arrest tactics!



On the other hand, to counter a clubbing type of attack (baseball bat) it is far, far more effective to move in and nullify the attack; moving backwards only allows the assailant more time and greater impetus for his strikes.

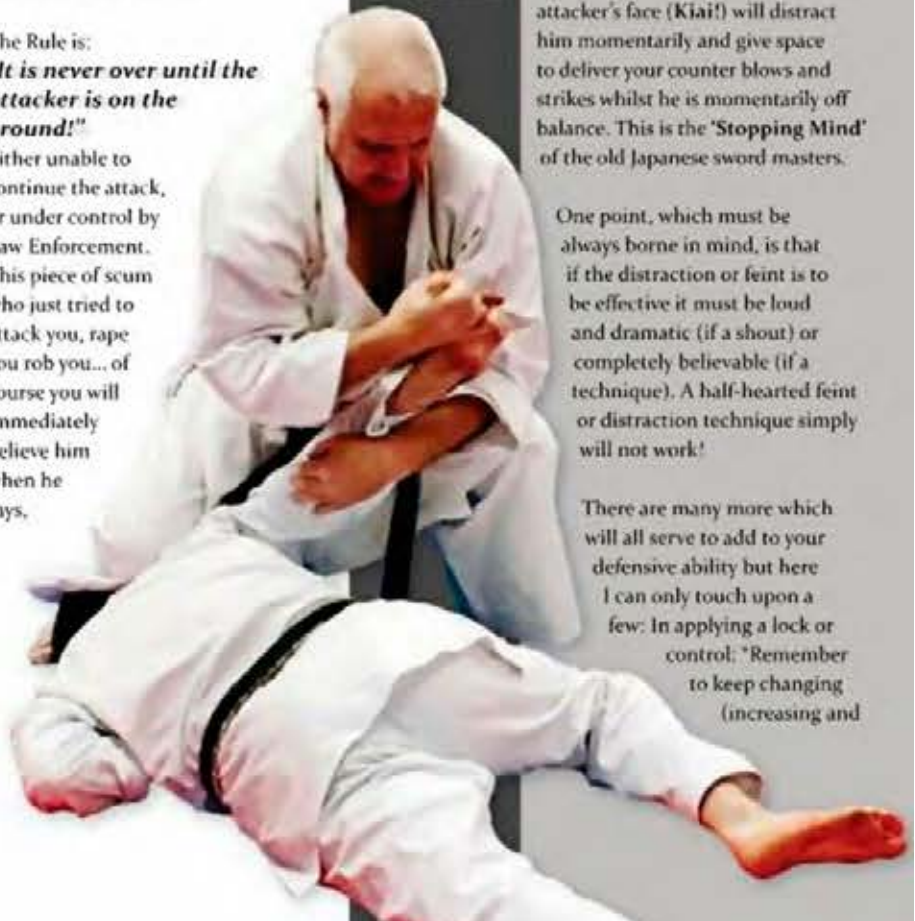
In turn, these concepts lead into: **"Never stop until it's over!"** And... **"Don't fight in an ichi-ni-san (one-two-three) manner!"** Simply flow one technique into another and never stop until the fight is finished. This initially sounds like an obvious statement, however in many Dojo throughout the world emphasis is placed upon attaining the one powerful *gyaku-zuki* (reverse punch) that will halt the contest. I see time and time again one combatant deliver a fast middle level punch that stops the proceedings (contest or Dojo combat) and is adjudged to also have 'stopped his opponent. In reality. Of course, this is nonsense! Once more the triumph of Ritual over Reality!

If only real life were so simple! It is NOT sport! What happens if the downed assailant grabs the defender's legs and pulls him down to the ground? What if in the street the punch simply had no effect? The defender has wasted perhaps their only opportunity

to get in a telling and effective technique and in stopping leaves himself open to be defeated!

"Never stop until it's over!" has much to recommend it!

The Rule is: **"It is never over until the attacker is on the ground!"** Either unable to continue the attack, or under control by Law Enforcement. This piece of scum who just tried to attack you, rape you rob you... of course you will immediately believe him when he says,



ABOUT THE AUTHOR

Vince Morris, 8th Dan Kissaki-Kai Karate-Do, 9th Dan ISOK, is known throughout the world for his martial arts, teaching to civilians, special forces and law enforcement officers. He regularly teaches **Tactical Officer Protection** courses for a variety of Law Enforcement agencies which has brought him many commendations and citations for his extraordinary skills.

Always concerned with making the art of karate as effective as he knew it could be, Sensei Morris developed Kissaki-Kai Karate-Do, and by utilizing his knowledge of pressure points and the "Rules of Combat" has seen it develop into a well-rounded system of personal protection.



LET'S & Cop Combat Double DVD set

"OK - I give up!?" No, he's a lying piece of garbage - for your safety and that of others who may be in danger, it is never over until the assailant is not in a position to continue!


Rule: **Always use Distraction Technique!**

In all combat sports protagonists are aware of the value of a feint attack, a movement that draws the opponent's attention and also inculcates a defensive response, but one that actually weakens his defences in another area that is the actual target of the strike or technique.

It should be no surprise, then, that such a tactic is considered to be an essential element in defending one's self against aggression. A sudden sharp slap to the groin, a kick to the shin - indeed a loud scream in the attacker's face (*Kiai!*) will distract him momentarily and give space to deliver your counter blows and strikes whilst he is momentarily off balance. This is the **'Stopping Mind'** of the old Japanese sword masters.

One point, which must be always borne in mind, is that if the distraction or feint is to be effective it must be loud and dramatic (if a shout) or completely believable (if a technique). A half-hearted feint or distraction technique simply will not work!

There are many more which will all serve to add to your defensive ability but here I can only touch upon a few: In applying a lock or control; *Remember to keep changing (increasing and



decreasing) the pressure on the joint" as, if you do not, the attacker's body will adjust to the position and you will lose pain-compliance.

The list continues:

Do not rely upon any one technique or blow to win the fight...

Do not fixate upon one attacker, there may be more...

Remember that a hold or a lock is often only a prelude to control or finish, not the control or finish itself...

Train to combat the most likely forms of attack first...

And much more.

Keep in mind, unlike modern Sport Karate, originally there were 5 levels of combat to become familiar with not just the basic kick and punch skills.

In Kissaki-Kai we have put back the majority of the effective physical weapons

removed by Funakoshi sensei, together with the 5 levels of training: Nage-waza (Throwing techniques) Ne-waza (ground fighting techniques) Shime-waza (strangling and choking techniques) Kansetsu-waza (joint and limb locking techniques also using ripping and twisting) and finally Atemi-waza (variety of percussive techniques aimed at the vital, vulnerable areas of the body, Kyusho).

Do remember it is wrong to consider these categories in isolation as it soon becomes apparent that in use one technique from one section merges into those of another, or may be used to facilitate those of another or of a combination of the others.

For instance, one might feint an attack to the groin in order to bring the opponent's head forward (tactics) by using a strike to a vulnerable area, then seize and lock part of his anatomy (arm, neck) in order to manoeuvre him into a throw which you then follow by a strangle.

Finally, there is little doubt that if one takes the time to study and apply both the 'Rules of Combat' and the original powerful incapacitating techniques of the original Kata and the like, defensive combat skills can be vastly enhanced!

■ VINCE MORRIS

"Spirit must be the stronger, heart the bolder, courage the greater, as our strength grows less."

(Battle of Maldon c.991)



1. Bruchsaler Budo Club e. V.
zu den Wurzeln des Karate Do
„Tradition ist nicht die Aufbewahrung der Asche,
sondern die Weitergabe des Feuers.“



Vince Morris

9. Dan Kissaki Kai Karate

Angewandtes Karate

Kata und ihre Anwendungen
mit Kampfkunsterfahrung
von über 50 Jahren



Werner Dietrich

Ausbildungsreferent für Selbstverteidigung
beim Verband für Gewaltprävention und
Selbstschutz e. V. in Kooperation mit der
Polizei Karlsruhe

Samstag / Sonntag
23. / 24. November 2019



Trainingszeiten:

10:00-11:00 Uhr
11:30-12:30 Uhr

und

13:30-14:30 Uhr
15:00-16:00 Uhr

With Eva Morris 5th Dan

Gebühren:

Samstag 35.- € bis 14 Jahre 25.- €
Sonntag 35.- € bis 14 Jahre 25.- €

beide Seminartage
50.- € bis 14 Jahre 40.- €

Veranstaltungsort: Schwetzingen Str. 56 • 76646 Bruchsal
Übernachtung im Dojo auf Anfrage

Infos unter: www.bruchsaler-budoclub.de oder 07251 / 83838

Zur besseren Planung bitten wir um Anmeldung unter:

info@bruchsaler-budoclub.de

Der Ausrichter übernimmt keinerlei Haftung !



The seminars will be devoted to real and effective self-defense, not Dojo ritual.

Not to be missed if you are interested in defensive techniques and tactics which really work!