

IPPON MAGAZINE

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Lloyd Birt
**Pursuit Of
Excellence**

Matt Price
Paper Tigers

JKS ENGLAND

Autumn Seminar 2017
Hajime Matsue Sensei 6th Dan

INCLUDING REGULARS

Garry Lever
Matt Price
Ray Sweeney
Anthony Balkissoon
Ady Gray
and more

Joe Rawcliffe
**Shotokan
World
Champion**

Garry Lever
**Kayo Killed
My Karate**

Hall of Fame
Steve Cattle

+
**WKF Under 21,
Junior and Cadet
World Championships**



Back To Basics

by Ady Gray
6th Dan





Repetition, Repetition, Repetition

In Karate, they certainly do. Kihon - Kata - Kumite. Even the most advanced student will not be able to perfect their form without a sound knowledge of these 3 areas.

Kihon is the very foundation of everything in karate. It's the basic blocks and punches that are practiced by every karate student from day 1. It's how you move from stance to stance and combine this with your blocking or striking technique. The key to Kihon is quite literally repetition. Repetition is necessary to encourage muscle memory. This then enables you to do or perfect any technique without even having to think about it. Kihon in Japanese means 'basics' or 'fundamentals'.

Although repetition is the key, it is also only correct Kihon that should be practiced. You have all heard the words "Practice makes perfect" but really it should be "correct practice makes perfect",

as bad form practiced in repetition makes you better at being bad and can also result in not only ineffective technique but also long-term injury. It takes approximately 300–500 repetitions of a movement to make it a habit, but to change a bad habit it takes approximately ten times this amount, 3000–5000 repetitions. Once again adding to the importance of correct form and Kihon, as well as for the protection of your body due to the vigorous repetition of karate.

Kihon (basics) has a direct influence on the effectiveness of both Kata and Kumite. A lot of karate gets taught and perfected in a way that could be written in a book (looks good in a book, but not

necessarily practical) or be lost in translation. One of the best examples I can think of is Oui zuki (Lunge punch). On completion of this technique, some instructors seem to take it literally, that the hips and shoulders should be square to the front, whereas, this not only creates a potential for joint injury's, but it has no depth or power as the hip and shoulder jars back to hold this square position. The correct finish position should actually be, with the hips and shoulder approximately 10% towards the direction of the target. Remember the end of a Kihon technique is the end of the technique and not the contact point. As with all of your karate you should test it. An easy way to test the final position of this Oi-Zuki is to push against the punching arm.

Kihon in Japanese means 'basics' or 'fundamentals'

With the hips and shoulders 10% towards the target you should feel some good resistance that goes all the way through your body and into the floor. If you have your hips and shoulders square, your arm will just collapse when force is applied. Using your whole-body mass for karate is a must. It's not just about your arms.

Technique executed correctly, with the correct timing and finish, will have a far better result for kumite and for impact although maybe not required so much with modern competition as less contact is required and instead of contact being focused on its more substituted with speed, agility and amazing athleticism. You often see Gyaku zuki fall short in kumite because the hip rotation wasn't quite completed.

In Kata competition, I see in this country more than most, half-finished technique. Although this may seem faster and look faster, it actually looks as if it is, half finished, rushed and non-effective, therefore, producing a kata that looks just like fast movements. It doesn't have the heart, the meaning or the purpose of the kata which are some of the points for performing kata, I do see these elements in other country's kata competitors.

I feel that speed kills a lot of technique. How many times I see my own students try to be too fast. They feel that being the fastest means being the best. Maybe they are the fastest but that is just because they cut the Kihon techniques short. Maybe that does look better in the eyes of a referee as I see a lot of competitors going deep into the rounds with Karate being done this way. I personally look to see the techniques finished correctly. So many students cut the technique to create speed and then the actual Kihon and therefore the kata is just a pattern of fast shapes and not actually a Kata that has been developed for a reason.



I was once told by a coach whilst selecting the EKF Kata squad that in competition I should not make the competitors perform the kata too similar to the Bunkai (application). I 100% believe that you can produce the best Kata competitors by having a Kata performed how it was intended but with the performance and speed of a modern athlete. That would produce the best kata, but would take a lot more work, dedication and commitment and paying attention to the detail of Kihon

At the end of the day Kihon Practiced correctly with repetition will be of great benefit to your Kata, Kumite and physical wellbeing. Poor technique and poor form will be a complete negative to the above. Repetition is a must but only correct repetition.

It's the repetition of affirmations that leads to belief. And once that belief becomes a deep conviction, things begin to happen.



“Routine has nothing to do with repetition. To become really good at anything, you have to practice and repeat, practice and repeat, until the technique becomes intuitive.”

-Paulo Coelho

