

NORMAN ROBINSON KARATE

Words of Wisdom
HIPS, POSTURE
and STANCES

Training in Japan 2016



Kata of the Month
Heian Shodan



February Newsletter 2017



Karate Training Times

Monday: 5:00pm – 7:00pm (Beginners & Seniors)

Tuesday : 5:30am – 6:30am (Black Belts)

5:00pm – 6:00pm (PVT Classes)

Wednesday: 5:00pm – 7:00pm (Beginners & Seniors)

Thursday: 5:30am – 6:30am (Black Belts)

Friday: 5:30am – 6:30am (Black Belts)

5:00pm – 6:00pm (PVT Classes)

Saturday: 6:30am – 7:30am (Black Belts & Seniors)

The 5 Maxims of Karate (Principles)

1.Character

- Stots: Jinkaku kansei ni tsutomoru koto!
Strive for the completion of character.

2.Sincerity

- Stots: Makoto no michio o mamoru koto!
Protect the way of the truth.

3.Effort

- Stots: Doryoko no seishin o yashinau koto!
Foster the effort of spirit.

4.Etiquette

- Stots: reigi wo omanzuru koto!
Respect the principles of etiquette.

5.Self - Control

- Stots: Kekki no yu o imashimuru koto!
Guard against impetuous courage.

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Norman Robinson Karate Centre

The ultimate aim in karate lies not in victory or defeat but in the perfection of the character of its participants.”

Gichin Funakoshi



WORDS OF WISDOM BY NORMAN SHIHAN



HIPS and POSTURE and STANCES

To advance at any level the most important factors are correct stance, feet position, posture and weight distribution. The body should always be in an upright position and the 3 angles are determined by the hip position – SHOMAN: hips facing forward, HAMNI: hips facing 45 degrees, towards the back leg, GYAKU HAMNI: hips twisted 45 degrees towards the front leg.

Good exercises to practice in a static position are:

- 1) utilising the double inner blocks (uchi uke), right and left (Hamni to gyaku hamni);
- 2) A good open and then close hip exercise (hamni to shoman) is uchi uke followed by gyaku-zuki.

Moving from one stance to another, front, side or back stance to maintain upright body position and hips horizontal with the floor, you need to roll forward on the static leg to move forwards (Zenkutushu or kokutsu dachi) or sideways on the static leg (kibadachi) or transfer weight to your back leg to move backwards and maintain posture.

One more key point is when moving through any stance, there should be no raising of the hips to move.

1. Illustrations below of open hand blocks



Haishu Uke
Back Hand
Sweeping Block



Kake Shuto Uke
Hooking Sword
Hand Block



Nagashi Uke
Sweeping Hand Block



Shuto Uke
Sword Hand Block



Tate Shuto Uke
Vertical Sword
Hand Block

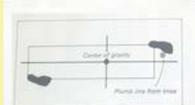


Tsukami Uke
Grasping Hands

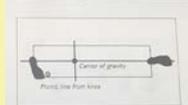
2. Illustrations below of stances



Zenkutsu-dachi
Front Stance (60 40)



Kokutsu-dachi
Back Stance (70 30)



Fudo-dachi
Rooted Stance (50 50)





Training in Japan 2016



Recently I have been asked by, Shuseki Shihan Norman Robinson, to share my recent experience in Japan. Within seconds of receiving such a request from the JKS chief instructor from South Africa, your mind accelerates in to a mode of: "MY GOODNESS, WHERE DO I START AND HOW MUCH CAN I SAY ON PAPER SO THAT EVERYBODY WILL UNDERSTAND"

Let me set the scene, that I personally believe is in most karateka's vision, dream or journey, if you want to call it that.

Your karate journey starts when you put your Gi and white belt on the first time. For some of us it started even before then when watching every martial arts movie available and picturing yourself as the invincible hero in the story. I still clearly remember, with wondering eyes and sheer admiration for the 'BIG' guys in front of the class.....yes, the black belts, the loud screaming, the pictures on the walls, the trophies in the cabinet. Wow, I can still relive almost every moment of it.

Do you know what?

You will experience exactly the same,..... no wait....., you will most definitely experience more than that when going to Japan. Let me set the scene for you.



You arrive at the Honbu Dojo, which is based in Sugamo, Toshime-Ku, Tokyo. You are greeted with two major elements namely: "Tradition and Respect". You are a black belt, BUT, you are a student, honored to train under the best. When stepping into the Honbu Dojo, your journey starts.

My advice to anybody, being invited to train in the Honbu dojo is to be fit, respectful, give your best with a little extra and you must have an uncontrollable hunger and desire to learn. You will experience a new world.

You have to practice the basics of Karate-do.

Karate-do means to seek the path of individual improvement. The attitude to valuing courtesy shows the difference between various types of fighting techniques and Budo. In Budo the respect to courtesy is the main basis for technical acquisition. Those who practice Karate-do harden their mind and body to overcome all sorts of life challenges.

The ultimate goal in Karate is not to beat the opponent with a kick or a punch. It cannot be called Karate-do until one puts the state of mind over the technical aspect, which only can be achieved through courtesy.

For us, as JKS South Africa, we have the best of both worlds. Not only do we enjoy the presentation and teaching of the different Headquarter instructors with karateka from other countries, BUT, we are the ONLY country, privileged and honored to train under our very own Shuseki Shihan Norman Robinson.

People, this training session is the first one of the morning in the JKS Headquarters in Japan and we train while other countries watch. Believe it, the pressure is on and you give 100% for Shihan Norman Robinson. You cannot find that level of intimate teaching in any textbook. Walking off the dojo floor, after the first class, gives you a sense of pride that just cannot be put into words.



The second Class starts, presented by one of the Headquarters instructors. You think to yourself: "I am on an emotional high after the first class. How on earth am I going to absorb anything in the second class". And this is why I have enjoyed 2016 in particular.





Both the classes at the Honbu Dojo and the international seminar focused on two things in particular which gave me a new direction where I would want to focus with my teaching, namely:

1. Basic Kihon
2. Stances

Kihon is a Japanese terms that refers to basics or fundamentals and forms one of the three integral parts of karate along with kata and kumite. Kihon focuses on correct techniques of stances, blocks and strikes. In addition to this; correct breathing is also focused on. Kihon is practiced heavily within dojos in order to achieve good technique within kata and kumite. In order to master more advanced techniques, it is important that the kihon is practiced thoroughly to provide solid foundations in which to build upon.

A class at the Honbu dojo would start with basic Kihon. The first thing you say to yourself is: "I know this stuff and I can do it". Big mistake. A few things were pointed out, especially amongst us westerners.

Firstly, our hip rotation is too slow, example, from shomine to hamne and back to shomine. It sounds simple enough but try it at their speed. I realized one thing, the Japanese don't speak English very well but they know 2 words very well: "relax" and "faster".

Secondly, is not pulling back your hand fast enough, "hikite". How on earth do we expect to follow up with a combination of techniques if we can't even pull back our hand or foot fast enough on the first technique. It sounds simple enough but timing is everything. In this instance of pulling back, the secret is to relax at the right moment in order to follow up with an even faster counter attack.

Thirdly, our preparation before a move is way too slow. The speed to execute a move lays in faster preparation. The more relaxed you are, the quicker you prepare and the faster you react. Believe me, a number of their instructors are world champions. Moving with them during execution of combinations, you realize how "lazy" our bodies have become.

Emphasis was placed on our stances as well. I am not sure if the instructors had planned to spend some time on stances but I am convinced that they had developed a sudden urge to enforce the basics, once they had seen us move. The next two explanations were heard loud and clear: "go down" and "to slow".

You start realizing how weak your legs are when you start "dying" slowly during the first part of the Kihon of just stepping over in a basic Zenkutsu-Dachi, 30 times starting with the left foot and 30 times starting with the right foot. And people,they want you to do it fast.



Bottom line, our legs has to be stronger in order to get to your opponent and back in the quickest possible time. If you can't move fast, your Kihon combinations will suffer and you will become less effective.

In one of the classes, Yamaguchi sensei, started with the Zenkutsu -Dachi. Then added a maegeri kick and this is the part that immediately grabbed. The preparation must be

from a deep basic stance, the hip must pull your knee forward as if you are going to strike your attacker with a Hiza geri. With that intense projection, (it's almost as if you have KIME on the lifting knee action), your foot just comes past with a thrust of power accompanying it. The Japanese instructors focus a lot on snap back and this is another point which became clear with a mae-geri and that is getting your kicking foot back as quick as possible. They explained it in a very simple way. After the kick, your hip must pull back the leg as if you are kicking a gedan yoko-geri.

Believe me, once you have that concept, it helps you to grow in confidence to try new adventurous follow up techniques. We ended up doing a mae-geri forward, snapping back and as you put your kicking foot down you launch with the same foot into a ushiro mawashi-geri.

Another neglected stance which was highlighted was a Neko-Ashi-Dachi. Points that were focused on, was the weight distribution and it being predominantly on the back leg with the correct placing of your front foot. The speed of bringing back your front leg all depends, once again, on how quick you pull back you hip. The cool part is doing Kihon in that stance. You realize how much you can do in both defense and attacking mode by sheer weight distribution.

Why are these basics so important in karate?

I am sure that the following thoughts have crossed your mind.

Do I have to practice this again? I know how to do it already. Why can't I learn the more advanced techniques and form? Do I still have to train the basics like the beginners?

Have you ever felt agitated with your instructor for making you drill basics when you already know them? It is a common question asked by karate students. In fact, you could probably handle some of the more advanced techniques but, slow down, your sensei has good reasons for drilling you on basics.

Karate is basically the same concept as building a house – if you do not have a firm foundation your house will develop cracks and could possibly collapse. By the same token build a strong base (basics) and you will then develop into a highly skilled karateka.

Going to Japan is also not only about training karate. It is also about building relationships and becoming good friends. The 2016 group from South Africa had a special caring vibe surrounding them. Yes, it was a small group, BUT, we had Andre Kok Shihan who attained his 8th Dan, Lourencia Kok Sensei who attained her 7th Dan and Natalie Toweel Sensei who attained her 4th Dan. The rest of us all did our referee and judges exams. We all shared the same stress and energy and we were there for each other. As I share with you a small glimpse of my latest trip to Japan, the emotions of pride, honor and friendship becomes overwhelming.

I think the pictures below will explain the JKS bond.



A special thanks to everybody in the Japan 2016 group who made this trip a memorable one.

Ossu
Hein Engelbrecht - 5th Dan

BIRTHDAY CORNER

January

31st Pat Roux

February

1st Joshua da Silva

1st David Da Silva

3rd Leandro van Schalkwyk

10th Clive Strugnell

11th Matteo Fernandes

16th Cathy Heins

March

3rd Daniel Duigan

09th Gabriel Potter

14th Gary Forster

14th Nat Toweel

14th Searle Bernstein

18th Christo Abrie

April

13th Alan Cooper

21st Payesh Naidoo

May

3rd Mike Heins

3rd Hayden Campbell

6th Brendon Parker

22nd Wihan Steyn

31st Joshua Freer

June

14th Jesmin Potter

17th Joanne Pyle

July

18th Tyedon Toweel-Moore

21st Fenella Nunes

21st Shyam Naidoo

23rd Greg da Silva

August

12th Cameron Nunes

27th Neo Masimirembwa

2017 CALENDAR

February

3/4th Gauteng Provincial Championships

18nd GKF Kumite coaching seminar

March

2-5th KSA Children's Championships (KZN)

22nd Dojo Grading - Beginners

25th GKF Kata coaching seminar

29th End of 1st Term

31st - 1ST April KSA U21/Snr & Veteran Championships (CP)

April

19th Start of 2nd Term

?22nd BULLS KSL League Championships

May

6th May JKS 1st Qualification training

13th Dojo and Area Grading

17-21nd UFAK JNR/SNR Cameroon

26-27th KSA Elite/Open Championships(JHB)

26-27th Zone 6 (Mozambique)

June

10th LIONS KSL League Championships

16th JKS Pre-dan grad. & 2nd Qualification Training

17th JKS Nationals Champs Turfontein (JHB)

28th End of 2nd Term

July

26th Start of 3rd Term

August

5-9th GKF Ref/Coursed/seminar

9th KSA Women's Cup

12th JKS 3rd Qualification Test

19th Randburg Championships

30th-3rd Sep Common Wealth (Durban)

September

3rd Spring Gasshuku

4 -11th Kagawa Shihan Tour in SA

23-25th JKS National Grading

24th GKF Heritage Cup

27th End of 3rd Term

29th KSA Elite Championships

October

9th Start of 4th Term

21nd KSA Development Champ

26th - 29th WKF Cadet/JNR/U21 World Championships (Cairo)

November

4th Dojo and Area Grading

December

4th End of 4th Term

FREE CLASS

“Try a Free Karate Class”

Call Kim

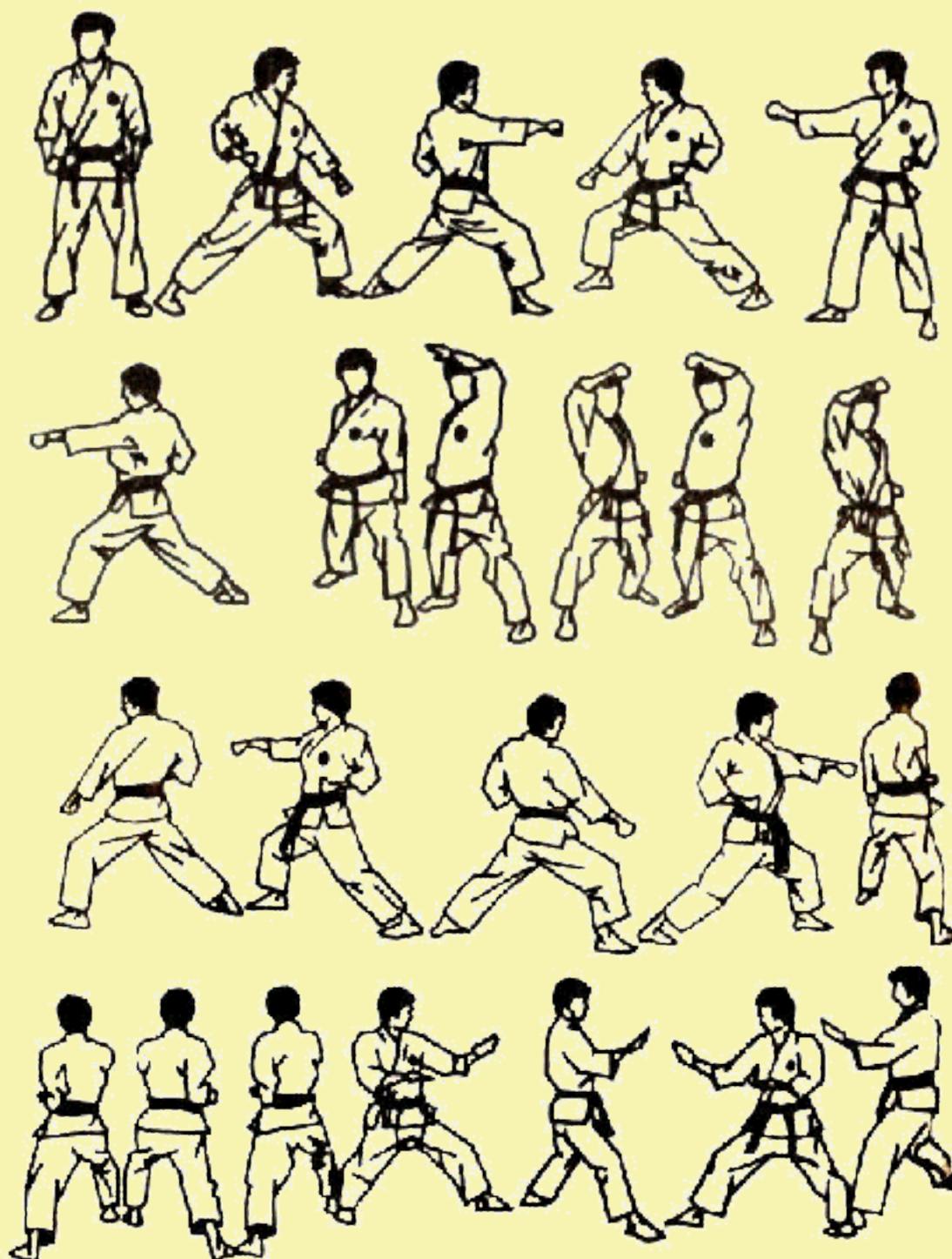
0828415695 to book

KATA OF THE MONTH **Heian Shodan**

The word Heian is a combination of Heiwan that means “Peacefulness” and Antei that means “Calmness.” For this reason the meaning of the kata signifies a “Peaceful Mind.”

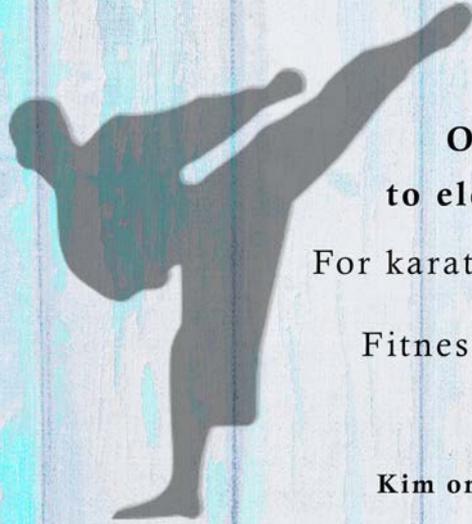
The name suggests that the student who has mastered the five Heian forms can be confident in his ability to defend himself, and hence would be able to adopt a state of “Peaceful Mind.”

This is the link to view Heian Shodan being demonstrated by Warren Levi Sensei-
<https://www.youtube.com/watch?v=zwV9-fPI31M>



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