

WHITE CRANE TERMS THAT INFLUENCED KARATE

Okinawan Goju Ryu Kenkyu Kai – February 2018

Qi or Ki: Is breathing and energy. Breathing that is specifically from the lower abdomen, driven by the blood and nerves, to the muscles, which are driven by the mind. So Qi is first a thought, then a focus on the Tanden or Dan Tian in Chinese, to breathe, to the muscles, and then into an opponent or the atmosphere.

Yin and Yang: Yang is charged, Yin is discharged. Yang is palm up, Yin is palm down. In muscle groups Yang are contractors and Yin are extensors. Every movement and position has aspects of both Yin and Yang. One cannot exist without the other. There is no Go without Ju or vice versa.

Zi Wu in Chinese, Karada no chūshin-sen in Japanese: Refers to the center line of the body from the top and center of the head to the floor in a straight line. It is not only a physical location but also incorporates the idea of tension, balance, and focus around that line.

Qin Na: Seize and control. Control refers to off balancing and directing the opponent. Qin Na also involves squeezing, gripping, pulling, turning, etc. Much of White Crane involves grabbing and controlling your opponent. It also includes escaping from grabs.

Kong Ga: Empty control; i.e. counter to Qin Na. Includes escapes, avoiding, yielding, etc. to control the opponent. An example is side stepping an attack is Kong Ga.

Core Fundamentals of White Crane Found In Okinawan Karate:

1. Stances; specifically long and or deep stances for long periods

2. Striking; including sandbags, etc. (in our case makiwara)
3. Leg development; flexibility and strength training
4. Kigu (Hojo Undo) strength training
5. Two man body conditioning
6. Sanchin
7. Sensitivity training (Kakie)
8. Two man Yakusoku sets
9. Kata (Tao Lun in Chinese)
10. Listening (refers to your teacher, senpai, and the world)

Ten Tenants for Training:

1. Fix the eyes forward
2. Clear the mind
3. Calm mind
4. Listen
5. Be attentive
6. Be precise
7. Be flexible
8. Be powerful
9. Never be scared or timid
10. Never be frivolous