

# Okinawan Goju Ryu Kenkyukai

News

1/23/2017

Winter

## Practicing Kata

Trying to practice kata on your own by performing the kata slowly and focusing on proper stance, movement, and technique. Then perform the kata at a moderate pace focusing on proper stance, movement, technique, and breath. Then finally practice the kata at full speed and power two or three times.

shrug them up and down and few times prior to punching.

- Keep your hips loose and level. Try to keep your hips level and loose; parallel to the floor.
- Look as you move. Don't look and then move. Your head stays with

*Practice a little often – The ideal training schedule that insures you won't overwork your body and you won't burn out, is to practice for an hour to an hour and half three times per week. Alternatively, you may also practice for two hours, twice a week. But three shorter training sessions is better than two long sessions.*

## Here are some tips:

- Be sure to breath. It helps if you keep your lips slightly parted instead of sealed closed.
- Punch with your core, not your arm. If you aren't able to punch with your core yet, then focus on punching with your shoulder. Keep your shoulders relaxed. It helps to

your body in the majority of our movements.

- Focus on in-between movements. Without smooth transitions, kata doesn't look good. It often helps to just practice the movement of getting from one position to the next.
- Go as fast as you can on fast parts of

## Okinawan Terms

These terms unique to Okinawa and Okinawan karate are very important pertaining to higher level kata performance:

Heavy-sticky – *muchimi* (mochimi)

Spongy/springy - *much* (mochi) [springy like cooked rice]

Skeletal application (especially shoulders, pelvis, scapula, and chest) *kuchikaki* (kotsukake)

"Muscles/tendons and bones" - *chinkuchi* (kin-kotsu) [an alternate literal translation could be "musculoskeletal"]

Heavy hands - *ti nu umumi* (te no omomi)

Changing hand - *findi* or *finrii* (henshu)

Proper engagement of the waist area - *gamaku*

Surface / under-surface - *umuti / ura* (omote / ura)

Sequential extension of each joint in the body - *gyame*

Fast springy movement - *chiru nu chan chan*

the kata without losing balance. Don't move so fast you lose your balance. But, move as fast as you can without losing your balance. Practice breaking out the individual fast movement and do it over and over again trying to increase your speed.

- Know which leg is the power leg and use it. Shiko dachi, Sanchin dachi, and Heiko dachi the legs are relatively equal. But in "most" stances (Zenkutsu, Hanzenkutsu, etc.) the back leg is the power leg.
- Shoulder slightly ahead of your chest. When you punch or block the shoulder of the side executing the technique should be slightly in front of your chest, not even with your chest.
- Drop – change body height. When you turn or retract your arm pulling hiki-te, etc. slightly lower your body height; using gravity to pull or push you into the technique.

- Turning. The far majority of karate practitioners assume all turns are done on the ball of the foot, which actually isn't correct. There are three types of turns in karate; if turning in place you should turn on the part of the foot directly under the ankle and is the turn used in most kata. When turning moving forward, the ball of the foot should be used. When turning moving backwards the heel should be used. As a karate-ka you should practice all three.
- Feeling. Try to "feel" the kata and the kata movements.

## Gasshuku Fees

We are raising our three-day Gasshuku fees to \$120 for training and \$30 for Saturday dinner, for a total cost of \$150. This is necessary in an effort to help insure that the host of the Gasshuku doesn't lose money for being the host. We feel that

\$150 for a weekend of training, lunch, and a dinner is still very reasonable.

Our Spring Gasshuku will be hosted by Sensei LoBue and the Lindsay Dojo. The dates are April 21-23, 2017. Please see the flyer and registration forms on our [webpage ogrkk.com](http://webpage.ogrkk.com)

## Okinawan Tegumi

From Wikipedia - Tegumi (手組?) or Mutō (無刀?) is a traditional form of wrestling from Okinawa.

According to Shōshin Nagamine, there are no accurate historical documents surrounding the origins of grappling in Okinawa. It seems that Tegumi evolved from a primitive form of grappling self-defense, which was constantly being adapted and enhanced as it was exposed to outside influences.

It is believed by some, Nagamine included, that Tegumi was probably the original form of fighting in Okinawa and, as it was enhanced by striking and kicking techniques imported from China, became the progenitor of Te, which is the foundation of modern karate.