

cut out and save for a martial artist you know

A MARTIAL ARTS EDUCATION

**Tony Annesi, head instructor,
BUSHIDO-KAI, 92 Blandin Ave., Framingham**

Teaching in Detail 1

Ever since karate came from Okinawa to the universities of Japan in 1922, group rather than semi-private classes have dominated its instruction. There are many benefits to group classes but, of course, they lack the personalized touch.

But what is really missing when we lose the "personalized touch"? Detail. Very, very few martial arts school in the modern world teach with detail. I recall taking a 2-hour judo class back in the '60's in which 30 minutes was warm-up, 45 minutes drill, 15 minutes actual instruction and 30 minutes free sparring. It was not *teaching* as much as *boot camp*. We developed speed, power and



reflexes but we didn't learn much. Today, with schools offering 45-minute classes that cover only basic requirements, one is satisfied simply to get the next belt. This is learning *of a sort* but it is elemental learning — it is not more advanced, detailed study.

So few schools offer details of correct form, of effortless power, of varied application, because so few instructors have learned their art in detail. They simply teach as they were taught. It doesn't have to be this way. *More next week.*

**Higher Education in the
Martial Arts
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<<< Publish date: 1/23/03

Publish date: 1/30/03 >>>

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Teaching in Detail 2

One reason there is little depth to most martial arts instruction is that many students are afraid of depth. It smacks of learning which smacks of school which never was much fun anyway. The idea of taking a sort of college course in martial arts makes the student feel that he will be both inept and bored to death.

Fortunately, these fears are ill-founded. *Unfortunately*, they influence many potential martial artists who prefer their training simple, a little sweaty and full of success (represented by a new rank at the end of a month or two.) There is no simpler way to present martial arts than to have the 45-minute work-out, drilling only on the new

stuff one needs to know for rank. After all, what else is there? **Plenty.** So much in fact, that the requirements that took Stu Student two months to master, could have been taught over a period of 6 to 8 months with more depth than Stu ever dreamed possible.

"But won't that slow down my progress?" Stu asks. NO, it will only slow down the rate at which you make your next rank. Unfortunately, rank does not always equal depth of knowledge. *More next week.*

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