

SITUATIONAL SELF-DEFENSE from KARATE KATA

Most karate styles/schools (with the exception of kempo) train ippon kumite (one-step sparring) against simple attacks, dominantly straight punches. They seldom deal with other types of attack more commonly found in aiki or ju-jutsu systems, e.g. rear wrist holds, hammer locks, or rear neck chokes. Kempo, to its credit, deals with a wider variety of attacks but seldom draws its defenses from kata. Yet kata holds many situational self-defense techniques applicable to these attacks. This seminar will employ numerous attacks commonly found in ju-jutsu systems and apply defenses from various traditional karate kata to them. The result, we think, will be unexpected and, we hope, enlightening.

NB: the form of each kata may be adjusted when applying its defenses to a specific attack. Thus, bunkai oyo (application from analysis) varies not only with the style but also with the situation. Every style/school performs their kata differently. Different performances result in different applications. If our version of a specific kata movement does not comport with yours, yours may, in fact, produce a defense to an alternate attack. Our goal here is not to provide a normative study but to broaden the practitioner's view of the meanings kata can hold.

ATTACK

Rear two wrist hold (ushiro ryote tori)...

Rear wrist and arm choke (ushiro katate tori, ude kubi jime)...

Rear arm choke (ushiro ude kubi jime)...

Rear hands choke (ushiro ryote kubi jime)...

Rear arms entangle (ushiro ryo ude garami)...

Rear body hold over arms (ushiro jotai tori, ude no ue ni)...

Rear hammer lock (ushiro ude garami)...

Side head lock (sokumen-de atama gatame)...

Full Nelson (ushiro ude no shita ni kubi gatame)...

Standing arm bar (tachi, ude gatame)...

Front neck choke (mae ryote kubi jime)...

Front double lapel grab (mae ryo mune dori)...

KATA

Heian Yondan- first movements

Heian Nidan- first movements

Heian Sandan- final movements

**Heian Godan- manji uke at end of kata
Seipai- middle of kata**

Gojushiho-dai/sho- near end of kata

Gojushiho-dai/sho- bending near end of kata; Chinte- near end of kata; Gankaku/Chinto- hand on hips, waist turn; Matsumora Rohai- opening movement; Tekki Nidan- opening movement

Heian Sandan- spin after spear-hand

Heian Godan- last movements

Gojushiho-dai/sho- near end of kata; Kururunfa- shiko dachi head butt near end

Seipai- middle of kata, arm circle and turn

Kanku-dai- middle of kata-turn to drop

Heian Sandan- mid-low double blocks