

DEE WHY SHOTOKAN KARATE CLUB

June 2018

Term 3 is upon us and DYSKC continues to thrive! You will have noticed that we are taking a more granular approach to the technical aspects of karate these days. This is aimed at the proper execution of techniques through a better understanding of the bio-physics that underpins them.

I thus encourage you to think about your karate in a similar vein no matter your grade level. To assist you, here are the key elements your hear me repeat so often:

- **BREATHING** - comes from your Hara, otherwise your power stays inside you;
- **CENTRELINE** - horizontal + vertical + lateral, aim for the posture of a ballerina;
- **CENTRE OF GRAVITY** - moves up and down with your breathing, but your height does not change;
- **FRONT FOOT/BACK FOOT** - don't move the front; don't lift the back;
- **HIPS** - the source of rotational energy adding power to blocks & punches;
- **HIKITE** - the crucial but at times neglected other half of most karate moves;
- **KIME** - that split second of focussing your power and linking it to your breathing;
- **NEWTON'S 2ND LAW** - $\text{Force} = \text{Mass} \times \text{Acceleration}$, so punch with your whole body;
- **PINKIE HIGHER THAN THUMB** – helps keep your elbow tucked in for straighter punches;
- **REI** - mindfulness, respect, lose yourself while you train and leave any 'baggage' at the door;
- **TRAIN-TRACKS** - especially in stances for beginners, provides greater stability than balancing on a tightrope; and
- **ZANSHIN!!!!** – get this right and guess what, you don't need to learn karate at all...well at least not for self-defence purposes as it is *the essence of self-defence!*

While applying the above may seem very difficult at first, in doing so the very foundation of your karate will grow and develop and you will be not just a good karateka...but a great one!

OSS! Sensei Jon



Term 2 Events

- Sensei Fumitoshi Kanazawa visited from Japan and those who attended found it a very worthwhile event. See details of the next seminar below.
- We had a very interesting session with physiotherapist Allison Slater who made us aware of the body's *fascia* and the importance this plays in overall flexibility and muscle health.
- Welcome to three new members: **Bettina Pfaendners**; and **Briggitte and Lee Saunders**. We are delighted to have you as part of our 'karate family' and hope you enjoy training with us!

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- Our next grading is on **Thursday 12th July** with six potential candidates. We wish them luck and urge them to give 100% with both the preparation and on the night!
- A fantastic opportunity to train with a KUGB legend **ELWYN HALL**, 18-19 August, Hurstville Aquatic Leisure Centre. Please see our FB page and Website for booking details.
- A club dinner is scheduled for **Tuesday 17th July** at the Dee Why Grand Hotel, 7pm, 834 Pittwater Rd. This will be an opportunity to not just celebrate everyone's progress but also welcome our new members into our 'karate family'.