

Figure 48

Down block, continued. When viewed from the side, the blocking arm should be straight, with the shoulder relaxed and the wrist locked. Keep the spine straight and the body upright in a good, formal front stance. Avoid leaning or bending down into the technique or putting all of the weight on the front foot. When the down block is performed in a front stance, weight distribution remains at sixty percent on the front foot and forty percent on the rear foot (Figure 48).

**Section Three**

**DRILLS AND TRAINING PRACTICES**



## Walking Drills

Most punches and blocks can be practiced in the form of walking drills which teach students the rudiments of timing. Each instructor may devise walking drills and combinations which fit his training hall and the needs of his students. In all drills, students should be sure to complete each step before performing the designated block or punch. Attempts to step and punch, or step and block, simultaneously are productive of bad technique.

Punches in all forms may be executed in walking drills singly, or in combinations of three. That is, a student may step ahead, throw a single punch, step with the other foot, throw another single punch, etc., or he may step ahead, throw three punches, step with the other foot, throw three more punches, etc. Punching in combinations of three help to develop speed and power so long as each blow which is a part of the combination is delivered in good form.

Blocking drills may be done alone, while walking, but they are better put into combinations with punches. Drilling with blocks alone may be necessary to develop technically correct blocking ability and to improve power and speed. Students should learn to block hard enough to damage the opponent's body.

Blocking and punching drills teach the student to use the block as a component of attack to expose the opponent for a punch. One drill begins by stepping ahead with the left foot and delivering a left chest block. Then, remaining in the left-leading stance, reverse punch with the right hand. Step ahead with the right foot, chest block with the right hand, and, remaining in the right-leading stance, reverse punch with the left hand. This system may be adapted to a variety of combinations of blocks and punches.

When using the low block in combination with the reverse punch, it is possible, after some training, to punch so hard that the rear leg is dragged forward slightly from the force of the blow. When this occurs, it is a power punch. Students should not attempt to simulate a power punch by deliberately sliding the rear leg forward. Instead, they should develop punching power so that the rear leg will be pulled forward by the power punch. Drills with the power punch may operate in lines, back and forth, or in various combinations of turning and punching. Once the power punch is understood and practiced correctly, it can be an important aid in the development of punching strength.

## Kicking Drills

Moving drills for the front kick and the side kick are quite similar. Kicking drills may be done in either direction from the side stance. Snap the head in the direction of intended movement. Lift the rear foot slightly off the floor and step over the front foot in the direction of travel. Then put the foot down. For front kicks, put the moving foot down with the toe pointing into the target. For side kicks, put it down with the side of the foot, or instep, turned toward the target.

After the foot is down in the selected forward position, lift the rear foot and execute the desired kick toward the target. Then lower the kicking foot to the floor, recovering a correct and balanced side stance in the new location.

In kicking drills, students must maintain correct stance and breathing. Execute and recover each kick cleanly and avoid stylized posturing. The purpose of moving forward is to bring the opponent within range for the kick. Moving need not appear dramatic. It has the purely pragmatic objective of setting up the attack.

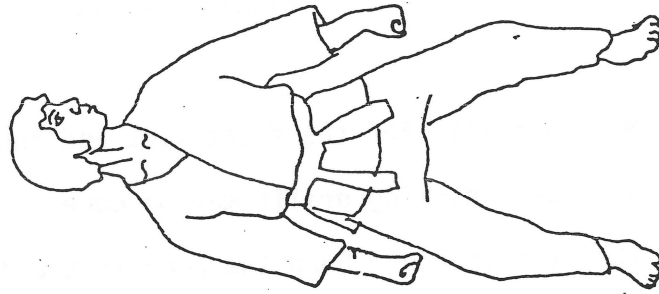


Figure 51

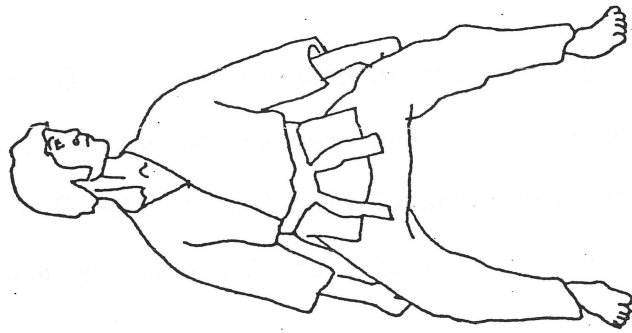


Figure 50

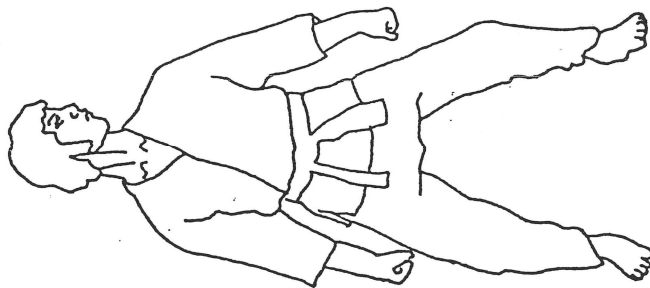


Figure 49

## Side Stance Springing Movement

One can move more quickly in a side stance with a springing movement than is possible with stepping. For the beginning student, this movement should be performed with one foot always remaining on the floor, as described below. Intermediate and advanced students may develop the ability to spring with both feet simultaneously. All students, however, must first become competent in the method which follows.

Assume a correct side stance and snap the head in the direction of intended movement (Figure 49). Movement to the left is illustrated. Raise one foot slightly from the floor, move it about half a step in the direction desired, and put it down (Figure 50). This has the effect of widening the stance for a moment. As soon as the foot which was moved is down, transfer enough weight to it to support the body. Then immediately slide the trailing foot toward it about half a step, recovering a correct side stance in the new location (Figure 51).

Be sure to recover even weight distribution in the new stance before moving again. Do not lean or stumble forward. Drag with the front foot. Do not push with the rear foot. As the side stance springing movement is continued across the training hall, care must be taken that each new stance is of correct width and balance. Do not allow the stances to widen.



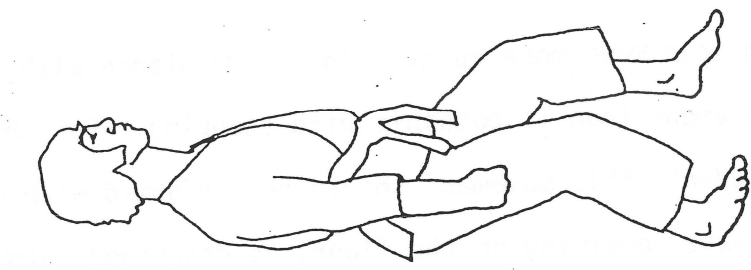


Figure 54

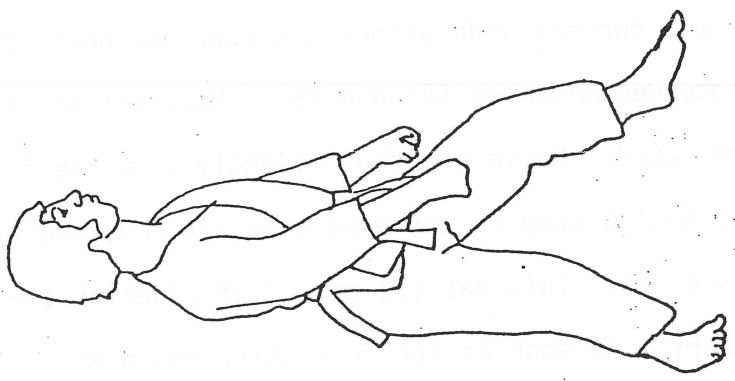


Figure 53

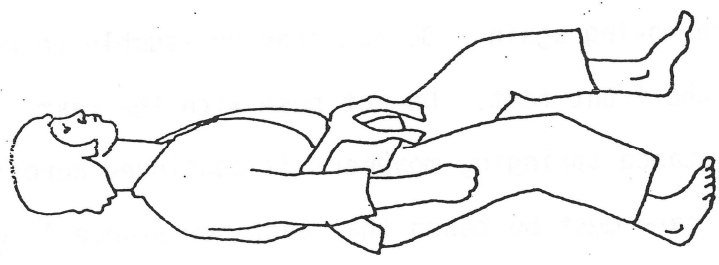


Figure 52

## Cat Stance Springing Movement

This drill provides practice maintaining a correct cat stance while moving and, in some cases, while kicking as well. Assume a proper cat stance facing in the direction of intended movement (Figure 52). Keeping the rear leg bent, move the front foot forward about half a step. When the ball of the foot makes contact with the floor, shift enough weight to it, momentarily, to support the body (Figure 53). Then, immediately slide the trailing foot forward far enough to recover a correct cat stance in the new location (Figure 54). Keep the chin up, the shoulders relaxed, and the spine straight while moving. Maintain the proper angle of the rear foot, forty-five degrees outward, and keep the front foot pointed straight into the target.

A front kick may be added to the cat stance springing movement in the following manner. After the stance has been assumed, deliver a front snap kick with the leading foot. Instead of recovering the foot fully to the original position, lower it to the floor a half step ahead of the original position and complete the springing movement as described above. When kicking from the cat stance, maintain correct posture. Do not slouch or jerk as the kick is delivered. Remain upright, supported on the bent rear leg, and look at the point of impact.

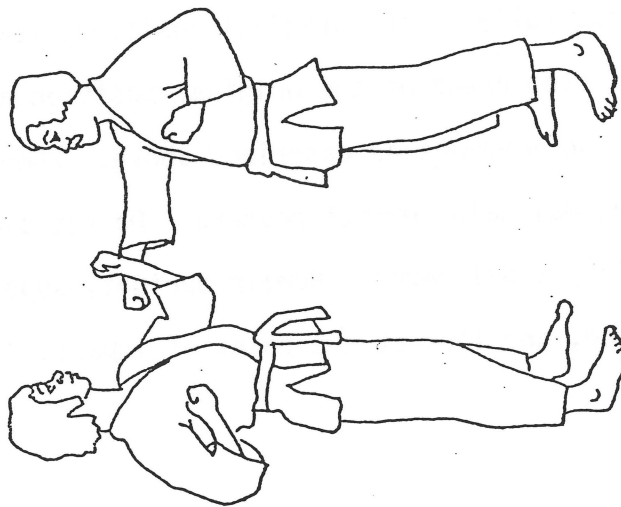


Figure 55

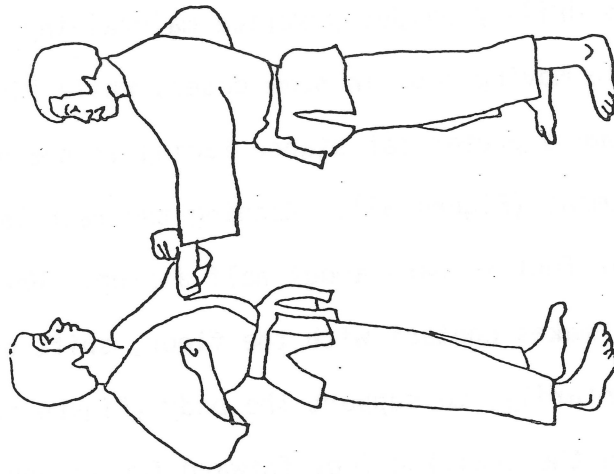


Figure 56

## Line Training

Line training provides elementary practice in blocking and punching in combination against a variety of opponents. Further, it introduces the student to regular and frequent impact with an opponent's body and teaches him to maintain the integrity of techniques. Whether in attacker or defender mode, students should pay close attention to orthodoxy of technique. Punches and blocks should be delivered hard, and care should be taken to avoid leaning into the opponent.

Line training begins with two students facing each other. It is described here beginning with a right punch, but series of line training may begin with a punch from either hand. The attacker begins here with a right center punch which is blocked by the defender's left chest block (Figure 55). Immediately after throwing the right punch, the attacker follows with a left punch which the defender blocks with a left down block (Figure 56). Note carefully that this block is delivered with the same hand as the chest block preceding it.

In the blocking component of line training, both the attacker and defender should work to make the exchange realistic. The attacker should punch hard and avoid cooperating with the defender by punching lightly or to the side. Punches should be directed to the opponent's sternum. The defender should perform both blocks strongly with the same arm.

Following the second block in line training, the defender counters with three punches to the attacker's face. This sequence touches principles which are important for the beginning student to understand. First, blocks are elements of attack. They work in combination with punches. Second, whenever possible, blows should be directed to the opponent's face. Finally, punches should be delivered in series of three, in order to be sure of damaging the opponent.

After delivering the down block, in this case with the left arm, the defender first counters with a right punch to the attacker's face (Figure 57). This is followed immediately by a left punch to the attacker's face (Figure 58). Finally, the defender delivers another right punch to the attacker's face (Figure 59). The first and third punches of the series are delivered with the hand which was not blocking. The second punch is delivered with the blocking hand.

The three punches of the series must be of equal power, all strong and well-aimed. Except in the blocks, students should stand just far enough apart to avoid striking one another.

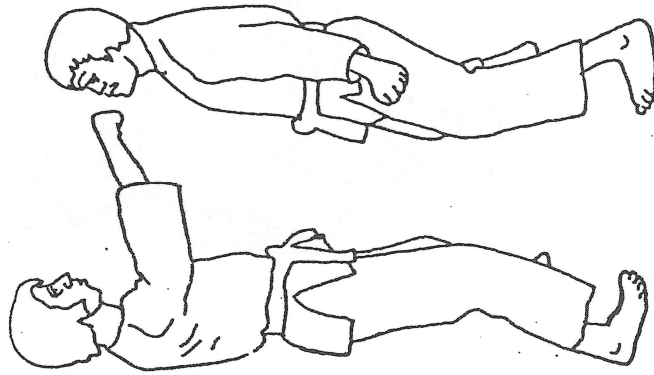


Figure 57

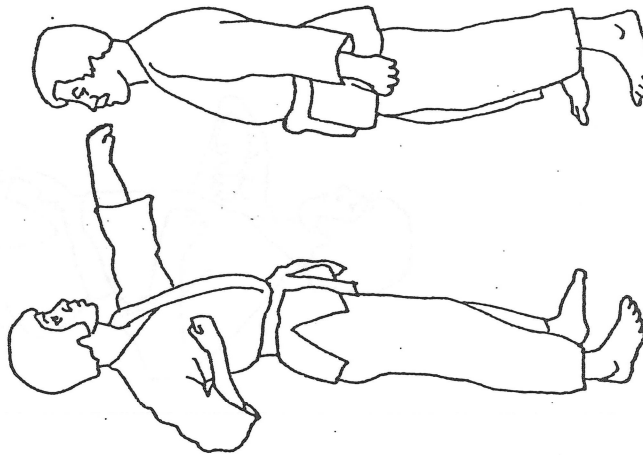


Figure 58

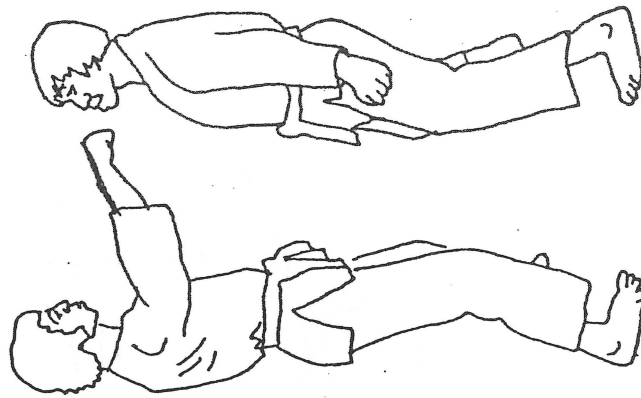


Figure 59

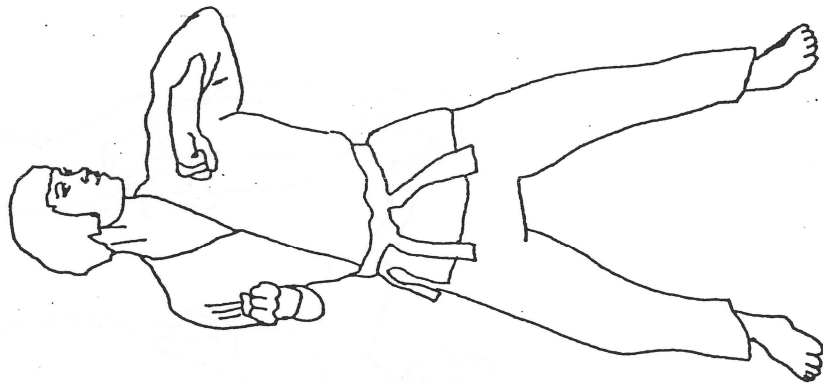


Figure 60

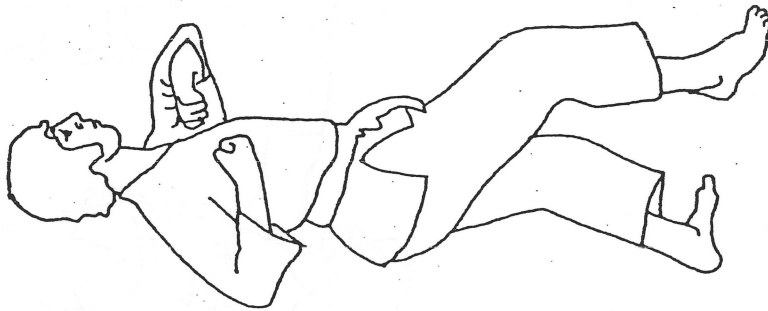


Figure 61

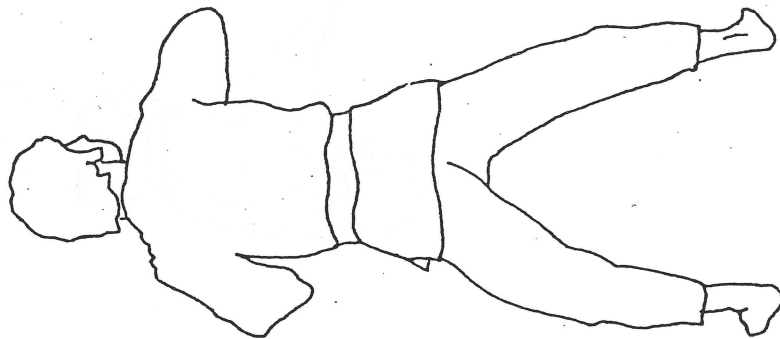


Figure 62

## Elbow Training

Although an elbow strike may be delivered from any stance, it is usually practiced from the side stance, with the effect of turning the body a full one hundred eighty degrees each time a blow is delivered. During elbow training, one elbow is snapped back to the ready position at the same time, and with the same force, as the striking elbow goes forward into the blow. This is exactly similar to the same principle in punching.

Begin elbow training by assuming a side stance with one elbow in the striking position and the other in the ready position, which is the same as the ready position for punching (Figure 60). The head is turned toward the direction of attack. Lift the rear leg and step over the leading leg to put the toe down at the correct distance for a new side stance (Figure 61). During the step, the body will turn toward the direction of movement. The rear hand remains back behind the chest. After the moving foot has touched the floor in the new position, snap the body around and deliver an elbow strike with the rear arm (Figure 62). Do not begin the strike until the moving foot has completed its step, then snap the entire body into the blow, tightening the muscles of the back at the time of impact. The former leading hand, which had been in the strike position, is snapped back to the ready position, with the hand behind the chest. It is important to keep the rear



hand back behind the chest until the step is completed, then deliver the blow in a strong, flat arc. Do not swing through the air while trying to balance on one foot.

Elbow training may be continued back and forth across the training hall. Keep the side stances at the correct distance, with the feet just slightly wider than the shoulders and the toes turned outward. At the time of impact, the elbow, fist and shoulder should be the same height. Both shoulders should be relaxed, except for the brief tightening on impact. Keep the head up and the back straight. Avoid leaning into the technique.

## Arm Toughening

Two types of arm toughening are regularly practiced in the American Karate Federation. They both contribute to the hardening of the blocking surfaces of the wrists and forearms and provide extended practice in elementary blocking movements. Shorin-Ryu style arm toughening has the additional advantage of teaching block-punch combinations.

As in all drills which involve contact with an opponent, it is important to maintain proper stance and execute clean techniques. Do not allow contact with the opponent to disrupt either posture or movement. Keep the fists tightly clenched during arm toughening. Learn to accept the pain which may result from arm toughening without allowing it to affect technique.

For Shorin-Ryu style arm toughening, two students begin by facing one another. It is illustrated here beginning with a right punch, but sequences may also begin on the left, with all subsequent movements continuing in the same pattern. The attacking student begins with a right punch, which is blocked by the defender with a left chest block (Figure 63). The defender then reaches under the attacker's extended right arm to deliver a right chest block (Figure 64). While the right chest block is in progress, the defender raises his left hand and strikes downward on the attacker's arm with the clenched fist (Figure 65), simultaneously returning his right arm to the ready position for a punch.

This completes the initial sequence. Roles are then immediately reversed. The former defender assumes an attacking role and punches with his right hand. The former attacker responds with a left chest block, and the sequence continues, just as described above.

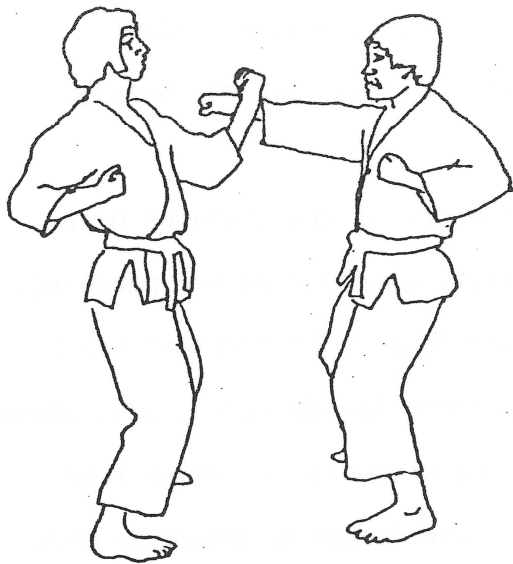


Figure 63

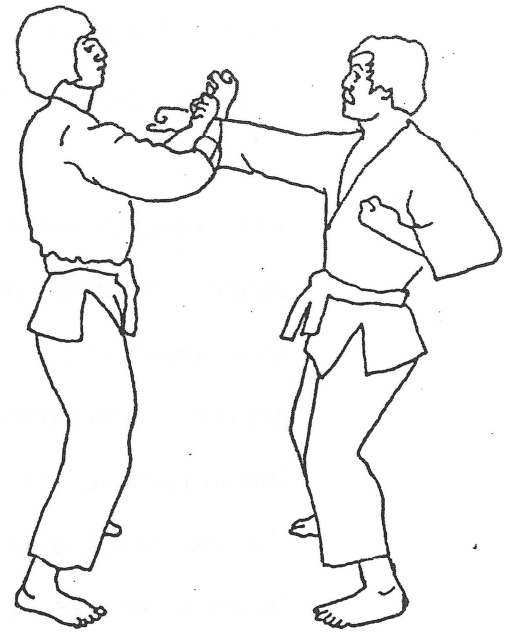


Figure 64

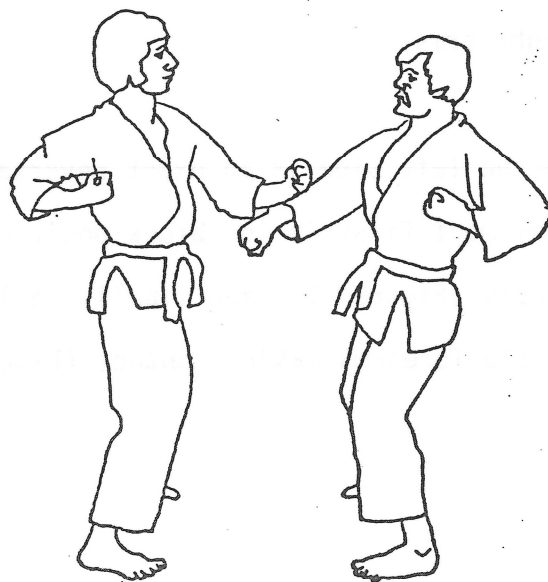


Figure 65