

Chinese style arm toughening has the same purposes as the Shorin-Ryu type, although it is of a more defensive nature, since it consists only of blocks. It does, however, serve well to harden both blocking surfaces of the forearms evenly.

Two students begin by facing one another at the distance of a punch. With wrists straight and fists clenched as for punching, they swing their right arms together to meet in front of their groins. Forearms make contact on their inside edges, just above the wristbones (Figure 66). Then the students disengage from the low block position and rotate their forearms upward to meet in chest blocks (Figure 67). Rotation is clockwise. Then they rotate forearms downward, counterclockwise, to meet again in the low position, with contact this time on the outside edges of the forearms (Figure 68). This completes the blocking sequence with the right arms.

Blocking on the left side is an exact reversal of the right. Left forearms meet first in low block position (Figure 69), then in chest blocks (Figure 70), and finally in low blocks with the outsides of the forearms making contact (Figure 71).

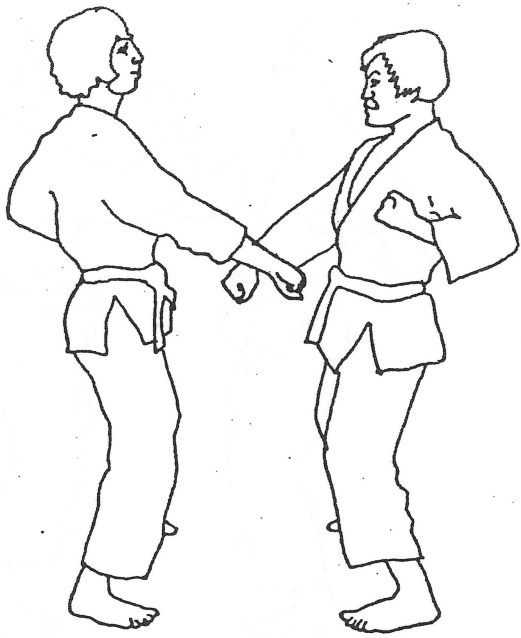


Figure 66

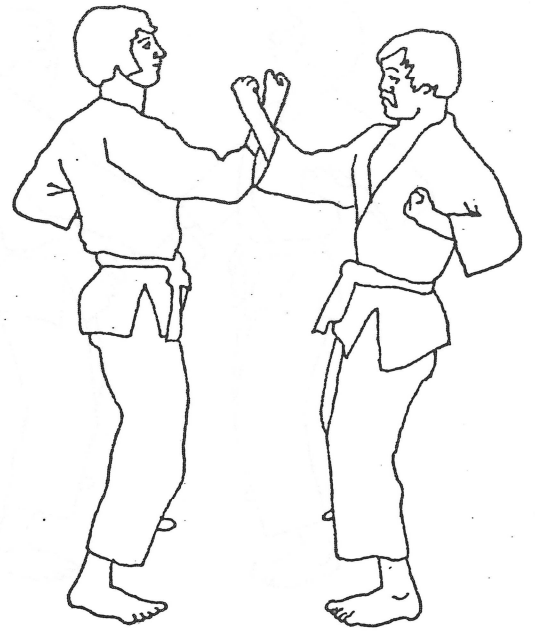


Figure 67

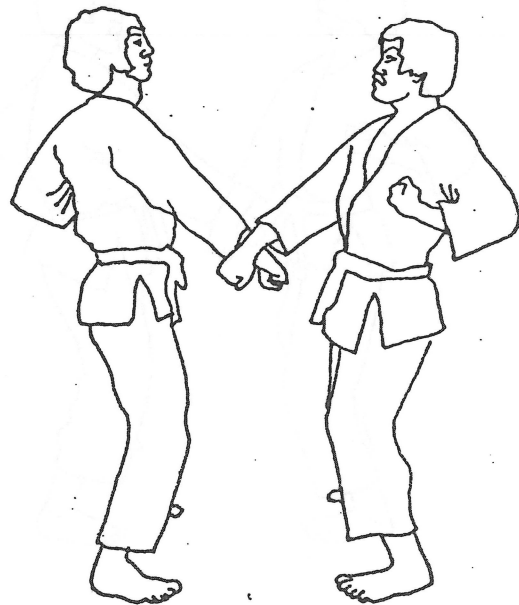


Figure 68

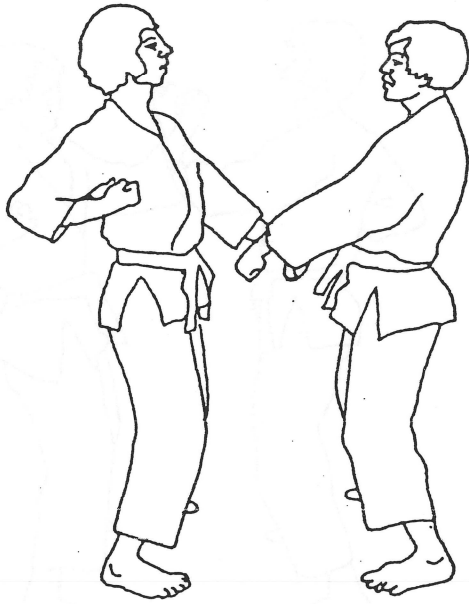


Figure 69

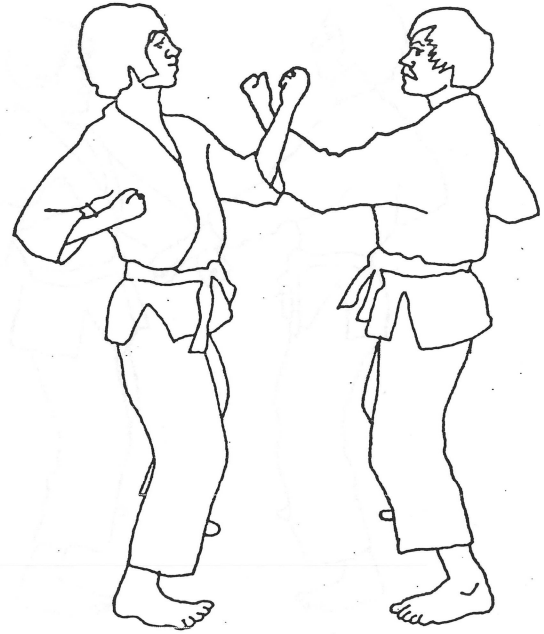


Figure 70

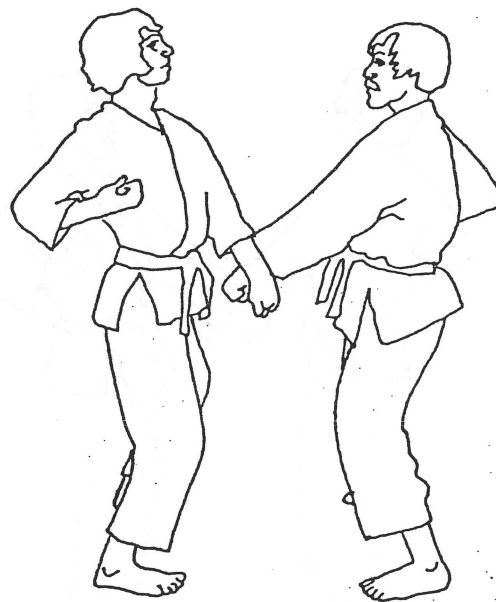


Figure 71

Circle Training

After students have developed the ability to execute a number of basic techniques with speed and power, they should begin to practice in more fluid, one-on-one situations. Circle training provides elements of combat while establishing special emphasis upon either attack or defense. Care must be taken to avoid injuring a training partner. Blows and kicks should be delivered with reasonable contact to the body and with very light contact, or no contact, to the head.

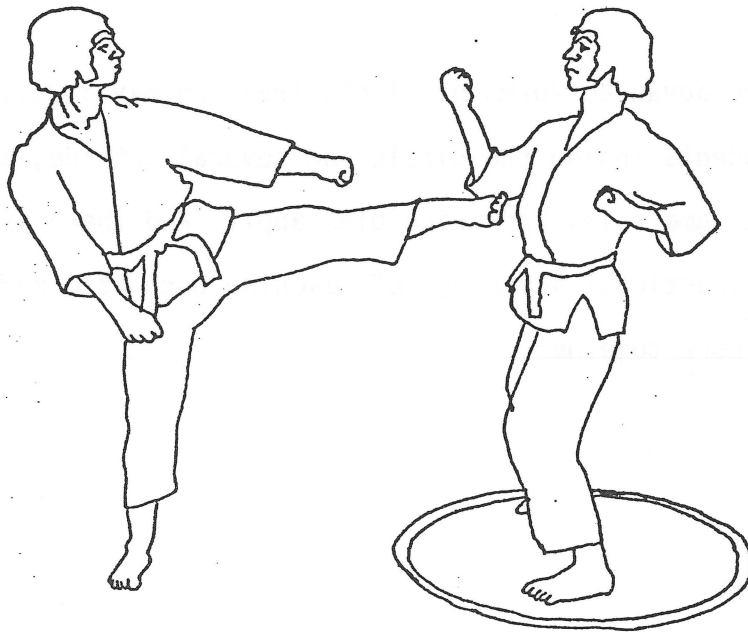


Figure 72

A circle of approximately three feet in diameter is drawn on the floor. One student assumes a stance inside the circle. Another takes up position outside the circle (Figure 72). Each must remain in his position relative to the circle. Neither may step

over it on either attack or defense. The student outside the circle may attack the student inside the circle with any blow or kick. He may not step into the circle. The student who is inside may only defend. He may not counterattack or retreat outside of the circle. He must utilize blocks and body movement to defend himself. However, in many clubs of the American Karate Federation, a rule exists which allows the defender to reach (not step) beyond the circle to attempt to grab the attacker by the hair and drag him inside of the boundary. He may then hit the attacker. After some time, students engaged in circle training reverse roles and positions, so that they may practice both attack and defense.

More advanced forms of circle training may involve two or more students inside the circle and several outside, as attackers. The same rules and principles apply, and there is the additional instructional advantage of teaching both attackers and defenders to work together.

Fighting the Belt

This exercise (Figure 72) allows students to employ techniques in combination while moving forward, keeping correct stance and breathing properly. Students begin by facing one another in two ranks of equal numbers, so that everyone has someone to his front. At the instructor's command, students in one rank remove their belts and hold them at arms' length, shoulder high, on the right side. The folded belt is grasped near the center, with the ends hanging free. At another command, the rank holding the belts moves back, slowly and evenly, while each student in the other rank attacks the belt immediately in front of him.



Figure 73

Attacking students should deliver clean, orthodox techniques, moving forward to fight the belt just as though it were a human

being. When both ranks have moved across the training hall, they stop at the instructor's command. Each student holding a belt hands it to the person opposite him, who had been attacking. The former attackers hold the belts out in their right hands. At the command, they move slowly and evenly back across the room while the other side attacks.

Fighting the belt may continue back and forth across the practice hall several times. The belt is a deliberately frustrating target because it lacks the mass of a body. However, from fighting the belt, the student learns to deliver combinations of techniques while maintaining the discipline to keep all techniques orthodox. Common mistakes include leaning forward, failing to maintain proper stance, poor breathing, allowing the eyes to drift away from the target, and utilizing sloppy techniques.

Kick Catching

The front kick is the basic lower body technique in Shorin-Ryu karate. Students should learn to deliver it with power and speed and to recover it quickly. Kick catching teaches all this and provides students with further experience in accepting physical contact with an opponent. Two students begin by facing each other just beyond the range of a front kick. The attacker delivers a front kick toward the opponent, controlling the technique to stop just short of the opponent's body. The impact area should be above the belt, but well below the face (Figure 74).

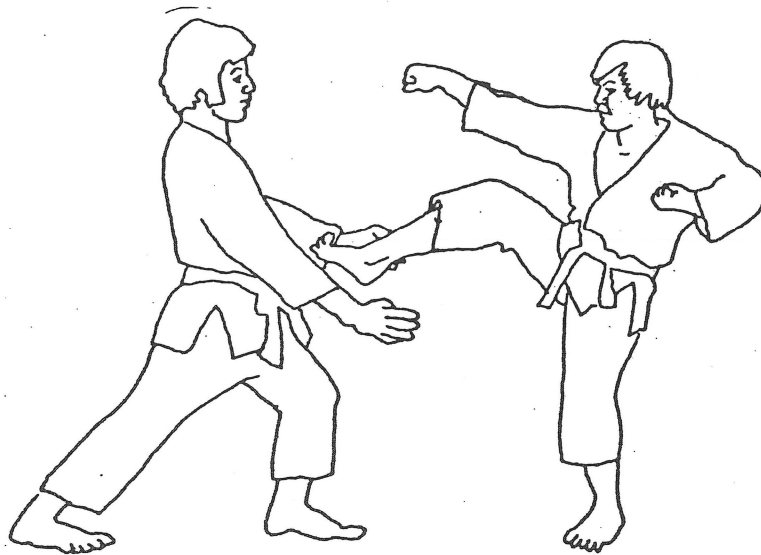


Figure 74

The defending student attempts to catch the attacking foot with either or both hands. The attacking student attempts to

deliver the kick with enough speed and power either to avoid the grasp or tear loose. After a suitable number of repetitions, roles are reversed and, ultimately, the technique is performed by both students with both feet.

In kick catching, students should pay close attention to stance and posture. Those attempting to catch kicks must keep their upper bodies erect. Lowering the chin or bending down may bring the face into abrupt contact with a rising kick.

Three Step Kicking

Three step kicking provides a good opportunity to practice basic kicks in a moving situation. It also provides additional experience in absorbing the force of contact with an opponent. Finally, it is here that students begin to learn to judge, and to some degree control, their distance from an opponent.

Two students face one another with their hands clasped behind their backs. The exercise of alternately kicking and evading begins when one member of the pair assumes an attacking role. The attacker may kick immediately; he may take one step and kick; he may take two steps and kick; or, he may take three steps and kick. The defender may twist his body to avoid the kick and/or he may take up to three steps to get away. Both attacker and defender keep their hands clasped behind their backs. Grasping and blocking are not permitted. After the attacker has kicked the defender, either successfully or unsuccessfully, and his foot has returned to the floor, the roles are immediately reversed. The former attacker becomes the defender, and the former defender may attack, using the same rules as above. The pair moves freely around the floor, alternately attacking and defending, until the end of the training.

Any kick may be used in three step kicking, provided that it is delivered with reasonable contact to the body and little or no contact to the head. Most students will find that the side kick (Figure 75) and the front kick (Figure 76) are effective.

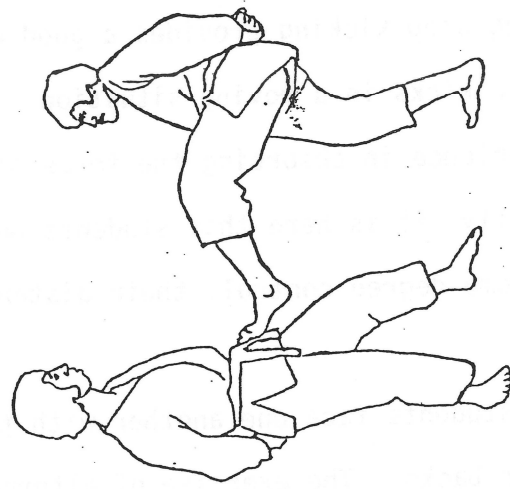


Figure 76

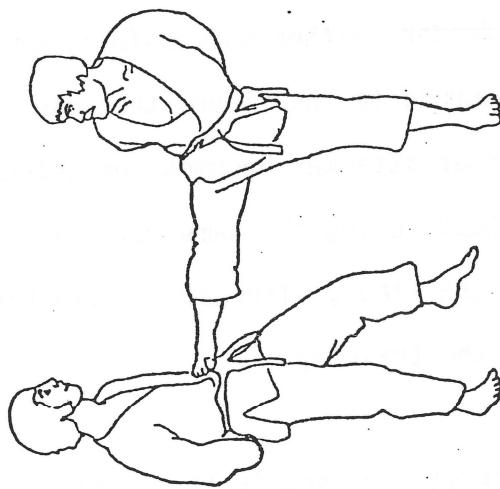


Figure 75