

KARATE IS FOR SISSIES ©

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Black Dragon Fighting Society ®

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I am sure at first glance the title of this article seems rather shocking, and I found it very difficult to write even though in all honesty I must admit it is true. The main reason for my hesitancy is the many objections from friends I have made in the martial arts over the past fifteen years. As for smearing the reputation of a so-called "art", any art is only as good as its members and I am concerned with the people who make up this art for they are the art, and without them it is meaningless. Many world karate leaders are continually criticizing some of their colleagues for placing karate in an unfavorable light with displays of violence or brutality (for which it was originally intended) but remain silent about, participate in, or revel in the fantastic and ridiculous motion picture portrayal of karate, in which a karate expert is the closest thing to superman – talk about hypocrisy!

It is indeed unfortunate that many of the martial or fighting arts of today have become no more than form practice or ineffective movements. This does not just refer to karate, but also to most of the other sport, fistic, grappling or self-defense arts of the East and West. It is common knowledge of those "in-the-know." even though they rarely admit it, that the present-day karate, judo, gung-fu, boxing, wrestling, aikido, ju-jitsu, etc., as taught today, are not really geared for practical application on the street. The effectiveness of the present-day fighting arts is too cramped because of the many unnatural controls the Orientals exercise over the politics of these arts. A fictional Oriental inspired legend persists that the Orientals are more skilled at these arts than the non-Orientals, and this is quite untrue. The Orientals have a tendency to shroud their arts in mystery and stress ceremony, tradition, and pomp instead of practical effectiveness.

There is no doubt that the most "effective" karateka, judoka, etc., are non-Orientals... Caucasians or Negroes who might not be able to match the Orientals in form, but have the dominance where it counts – in their effectiveness. Most self-defense studios turn away over-aggressive students because of the fear of possible discipline problems, lack of control or for safety of self or other students. By doing this, owners or instructors are performing a great injustice to their pupils. They are refusing the best man and keeping the other students from developing the strength of defensiveness and offensiveness in the maneuvers necessary to deal with these over-zealous men. The tougher your competition is the better you will become!

In karate, and most Oriental self-defense arts, there is an over emphasis on form practice, kata (dances), terminology and history, all of which have little to do with the development of effective street defense – which should be the ultimate goal of the students. For beauty, grace and form, figure skating even surpasses ballet; although strength is required to perform it properly it could never be effectively used in professional hockey where a more crude, but far stronger and aggressive style of skating is required. One is for esthetic beauty while the latter demands practical effectiveness.

I recall at a discussion years ago, while discrediting the value of the kata, or the form dances of karate, that one of my instructor's students from a different studio disagreed with me. As he was an effective street fighter himself, I was taken aback by his verbal challenge, but he went on to explain that the kata did serve a very definite "purpose. He felt that whenever he was lazy or too tired to teach, which was one hour per night, if not more, he would run through these dances only counting out cadence or going through the movements himself, which is much less strenuous than the physical and psychological strain one receives while engaging in individual combat with another skilled opponent. I might point out this same instructor is a well-known international karate sparring and kata champion.

I will try to give a resume now of many of the basic karate techniques and aspects showing their obvious weak points. My intent in doing this is not to discredit an art, but rather to help elevate these forms from an art form to a fighting form, which they were originally intended to be. Personally, I would rather be an alive, healthy and intact fighter than a dead and disfigured artist.

The categories listed below are just some of the major areas which karate gung-fu and many of the other Oriental arts are seriously lacking.

STANCES

The bulk of karate, kenpo, and gung-fu stances are too strict or tensed, so as to restrict smooth and fast movements. Due to these freakish stances the average karateist is limited in movements to a slide or a shuffle, whereas a boxer who uses a much more natural stance has much better footwork and foot patterns - which is quite obvious after watching both in action. Many of the karate and gung-fu stances are quite colorful and beautiful, but if they were as effective as you were led to believe, golfers, runners, boxers, wrestlers, etc., would be using the same or similar stances. To believe that these other sportsmen don't know any better is only kidding oneself. My solution to this problem is for the fistic art instructors to quit kidding themselves in trying to look pretty and adopting faster and more natural foot positioning. It is always very important to remember that simplicity is the key note to effectiveness.

MOVEMENTS

Because of their "unprofessional" nature, most fistic arts are too robot appearing and unrealistic. Most Japanese karateists remind one of the old time boxers with their crude stumbling movements. I believe the main reason for this is due to the fact that there is no professional karate, (by this I mean full-contact knockout karate); the participants are too wrapped up in style rather than effectiveness. The old style boxing improved through the years mostly because of the fact that great financial gain could be attained by the successful trainer, manager and fighters. I am quite sure that the world-boxing champion, Muhammad Ali, would not be anywhere near as proficient as he is today if he were on a salary of approximately \$7,000 a year. This is similar to the difference between professional and college football.

Another serious fault in the present-day karate movements is the fact that the self-defense forms or techniques practiced are practically non-moving and performed from near stationary positions. It is quite easy to hit or defend against a stationary target or an attacker who attacks with one punch and stops. Unfortunately, this does not hold true on the street. Also, too often, many styles of Chinese karate have a tendency to be too smooth or flowing and though the basic purpose behind the movement is feasible, and it looks quite easy, you don't have the room to perform these techniques in a telephone booth or other cramped quarters in which you might just happen to be attacked. This pertains to movements of stances, body or technique. Though there is a time to be smooth in defense, the most important movement of either stance, body or technique is to hit hard, fast and drive, and never give your opponent a chance to regain composure; from there he should be taken to the ground and effectively disposed of until there is absolutely no fight or movement left in him. This may sound severe, but it is to be used when your life is at stake and it is the same attitude adopted by military forces even in our own country.

STRIKING TECHNIQUES

The striking effectiveness of exponents of gung-fu, karate, tai chi-chuan, etc., is highly over-exaggerated. The breaking of bricks and even the killing of bulls is nowhere near as difficult as it may seem. If the striking techniques of these systems were so effective I am quite sure the many thousands of professional boxers throughout the world would be using these same techniques, since fighting happens to be their livelihood. There is no doubt that a boxer can easily out-punch a karateist.

Several years ago there was an article in a national health magazine on a famous physical culture celebrity, his nick-name, I believe, was Cannonball Richards. Mr. Richards, who is now in his late sixties, has never been knocked down or even hurt by any man who strikes him. In fact, in his strongman show he even allows spectators to use a 25-pound sledgehammer on his chest, solar plexus and abdomen. In his 40-plus years as an exhibitionist he has been hit and kicked by some of the top fighters throughout the world. In the same article he referred to karateists as the "weak sisters", because of their poor hitting ability.

Many karateists believe that they have such death-defying speed that they must pull their punches or else destroy their opponent. It is a documented fact that even the fastest strike has nowhere near the velocity to inflict that much damage. It is also well known that whenever one tacks on power to a punch, this same power produces friction, which slows down the blow. So the fastest punches are not the killing punches. I think a fair proof of this would lie in the fact that your featherweight or lighter weight boxers, though much faster than heavyweights do not have the stopping power necessary to defeat the

heavyweights. If they did they, would be fighting in the heavyweight division, which is the only boxing division with which extremely rich financial rewards are connected. Many other karateists explain that they have a mysterious amount of "snap" which can break a bone or destroy a body in seconds. Though I will admit a snapped blow does have a good tearing effect, such as a jab to the face, as an over-all weapon it is definitely severely limited in its use.

Through the years we seem to learn quite a bit from our students. In fact it is said that out of the mouths of babes come words of wisdom. One of these "babes", who happens to be an extremely accomplished street fighter and one of the nation's top judo men, explained to me that a snapped blow is fine, but if your opponent moves, even inches, backward, forward or to either side or even rolls with the blow, the effectiveness of the snap is gone completely. But with a thrust attack which is buried, he is hurt no matter what he does; the reason being that a snapped blow is focused and powerful with only an inch or two of effective striking area and since people naturally have an instinct to move back or roll with the strike the effectiveness of the snapped blow is seriously limited unless you happen to have an opponent who is stupid enough to pose for you while you hit him, and on the street this never happens. A thrust strike which is buried and partially followed through with, but not shoved, has a much greater damaging effect for self-defense than these whippy little attacks seen at karate exhibitions.

This is especially evident in Kenpo karate where a stylist may hit his attacker 30 times with various strikes, supposedly completely annihilating him. A few strong, well-placed strikes would have proved more effective. To kill or knock out an aggressive and experienced fighter is difficult for any man no matter who he happens to be, and to be gullible enough to believe you have this ability to do this extreme damage easily is foolish. If these experts had this ability, why are they teaching these arts for a few thousand dollars a year when they have a potential of making millions fighting in heavyweight boxing matches?

Another extreme fallacy, especially prevalent in karate, is the straight-arm punch or locked-elbow position. This full extension can be applied either to punching or kicking. Any time the arm is at full extension and the elbow is locked, the striking effectiveness of the arm or the leg is almost nil.

A famed Japanese karateist, Hide-taka Nishiyama, who happens to be the head karate instructor for the largest Japanese Karate Association in the world, the Japanese Karate Association, shows a perfect example of this. Mr. Nishiyama, an alleged expert in karate, though he admits to having never used it legitimately in his life, demonstrates in karate's most authoritative manual *karate* (on page 70), that the fore-fist straight punch is to be thrown with a locked elbow and straight arm, with shoulders and body erect and not forward. Upon further examination of the book he is pictured (on page 69) breaking several wooden slabs held by two attending Japanese Black Belts. Examination of this picture shows the body leaning forward, shoulder turned into the blow and elbow bent, exactly what was illustrated in the book later as being incorrect.

Most probably the world's most famed karateist, Masatatsu Oyama, is well known for having killed bulls using karate, and also for his great ability to break bricks. In my recent book *The World's Deadliest Fighting Secrets*, I show how anyone can immediately break authentic bricks using the same "trick" or "stunt" method Mas Oyama does. As for his bull-killing feats, Mr. Oyama has killed only a very few of the bulls he has attempted. (Note: I believe he killed less than 10 in almost 70 attempts). His method was actually quite simple. He picked small, weak bulls – not the fighting or Brahmas. For appearance, he hit the bull several times on the head and body (which looked impressive). Then, by use of harness straps attached to the bull, along with twisting the horns and neck, he would drop the bull to the ground. From here, while the bull was helpless, he attempted to chop the horn off, which isn't really that difficult, due to the fact that they were small and relatively hollow. If the horn is taken off at the base the animal will usually die quickly due to cerebral hemorrhage. If the horns have been banded previously they are so weakened they may fall off by themselves. The fact that small rodeo cowboys can throw a steer or bull without harnesses doesn't say much for Oyama's bull "stunt."

BLOCKING TECHNIQUES

Blocking techniques are unfortunately over-emphasized in the fistic arts. The important factor in defending ones self is not necessarily blocking the attack, but not being hit. All fistic arts systems stress blocking and place little or no importance on ducking, bobbing, weaving, and rolling techniques which in most cases are faster and

more effective for close quarters or "killing techniques". The basic karate high block and middle block, aside from being too robot in motion, do not really work. They can stop a straight karate punch, but will not stop a leaned into, hooked or roundhouse punch which is what 100% of the street fighters throw. The hooked or roundhouse punch is much stronger because of the fact that one picks up momentum in the movement and more body is thrown into it. The two most respected and authoritative texts on karate are *Karate* by Nishiyama and Brown and Mas Oyama's *This is Karate*. Many of the blocks illustrated in these manuals are approximately the standard blocks used by most Japanese, Koreans Okinawan and Chinese forms of Karate, Kenpo and Gung-Fu. It is unfortunate that most of these blocking techniques are ineffective for street purposes. For example: The basic upper and middle blocks, which serve as the foundation for many other blocks will only stop a punch if the attacker throws a straight karate punch (which is also rather ineffective). In most street attacks, the puncher will hook or slightly roundhouse as he throws. He will also lean into the punch. By doing this, along with stepping in as he attacks, he will circle around the blocks – if they have been executed according to proper karate standards of "form." If you were to examine the rising, inside and forearm blocks on pages 100 and 102, in the aforementioned *karate* or the comparable uppers, middle inside and middle outside blocks on pages 110, 111, and 112 in *This is Karate*, you can plainly see that the blocking arm is too close to the body to repel a strongly hooked punch in which the attacker has leaned into and also stepped in with. Aside from this, when karateists practice self-defense forms against punches, the attacker most always stands much too far away from the defender to endanger him. Almost any untrained person can avoid a punch when his attacker stands 4 to 6 feet away and doesn't bury the punch. A simple side step or step back will usually ward off the attack. Almost all karateists have little or no defense against a punch attack in which the attacker, standing almost face-to-face with the defender, drives in (taking one or two steps) and buries the punch as a street attacker will do. I have seen many high-ranking karate gung-fu and kenpo experts clumsily attempt (usually ineffectively) to defend-against this type of attack.

KICKING TECHNIQUES

The kicking techniques in karate and its related arts also leaves much to be desired. As mentioned before, some of the reasons for the shortcomings in these arts is the lack of actual contact matches with large cash prizes for incentive; and anyone who can deny money as incentive, especially in these days, is in need of psychiatric assistance. Also, many of these arts, once deadly and effective, have been renovated for public acceptance or sport application; which is fine for the art itself, but doesn't do too much for its original and main purpose. Many styles of karate have a vast arsenal of kicking techniques of which the majority is almost worthless. I say worthless not because they are weak, but due to the fact that they are ineffective in close combat and close combat is where you kill! As in weightlifting or bodybuilding, the further the weight is from the body or nucleus, the weaker you are. So to perform effectively as a fighting machine one should be in close.

The jumping, leaping and spin around kicks, although flashy and stylish, would never work on the street unless your attacker was not serious in his intent to harm you, or he was a very poor fighter.

As mentioned before in the striking techniques, karateists in kicking practice snap their leg out to full extent (mostly to hear their uniforms crack). Though it sounds impressive, it means little, as this is not where the power of the kick lies. A straight or locked leg has about the same effect as a straight or locked arm and also is a beautiful target to be broken. If you attempt to kick a door or a wall, or any object full strength, you will notice that the leg is not perfectly straight, even at the moment of impact. If you practice incorrectly you will do the same on the street and you are foolish to think otherwise. One cannot practice a technique thousands of times and expect to be able to change it by instinct on a moment's notice. This is also true of pulling punches, or kicks, just short of their target. Many good adult street fighters have come to me for help due to the fact that they cannot penetrate like they used to because of their karate practice. One of my students, who is also a very famous U.S. Judo Champion, was involved in a night club brawl, and even though he put his opponent down in several seconds he made two serious mistakes. Number one, he stepped back into a beautiful stance after decking his attacker, but did not follow his opponent to the floor and finish him. Number two, he had hit the man several times and had only accomplished mild penetration, whereas one or two powerful thrust buried blows would have been sufficient, to end the whole thing right there. The fast whippy punches may be impressive and effective for demonstrations or in tournaments, where conditions are controlled, but on the street they are not.

Also, in most karate competitions the most vulnerable parts of the body, such as the eyes, throat, face, groin, lower abdomen and knee caps are restricted targets. It is easy to say, when the time comes, "I can change." But this is very doubtful.

COURAGE & ATTITUDE TRAINING

Most self-defense studios place little or no value on aggressiveness, viciousness or attitude development. To fight for your life and be effective you must possess qualities such as powerful technique, speed, timing and courage (guts). These same qualities without courage have little or no value whatsoever; but a man who is brave and has (guts), although equipped with no techniques, talent or speed can still often survive. These qualities can be developed in a man the same as anything else, not just through meditation, but through experience.

A professional car driver cannot expect to perform effectively and courageously, in a racecar at speeds up to 180 mph, by meditation. He must learn the hard way, through experience, because experience is nature's best teacher.

The top champions of judo, such as Anton Geesink of Holland, along with karate master Mas Oyama, and many other top fighting champions have little or no humility, and I believe that the majority of humility is based on dishonesty. If you are proficient and you know you are, to deny it or be coy is an out-and-out lie. I believe honesty in the fighting arts is very, very important. A perfect example of a vicious, but determined winning attitude could be exemplified by one of my aforementioned karate students who is also one of the nation's top judo champions. He mentioned at one time that if he were about to execute a dangerous throw, which would put his opponent off the mat and on the concrete even on top of broken bottles, and glass, he would not hesitate to execute his throw. When he mentioned this, the majority of the karate Sensei's present were horrified, but here was a winner and unlike what we may want to believe, to win you have to be determined and confident.

Karate today is a rather ineffective method of fighting or self-defense. Though a few karate or gung-fu teachers are themselves very qualified fighters, they are teaching techniques which are fast and flashy, but ineffective, to impress the audiences. Others teach watered-down forms, which are "clean" and devoid of so-called "dirty" or strong movements, so that the general public will accept them.

ABILITY TO WITHSTAND PUNISHMENT

Included in this section should also be the ability to deal out punishment as well as withstand it, because many people are not emotionally equipped to inflict pain or injury on another human being. Injuring others may not be in the supposed true Christian spirit, but if one looks back at the Crusades or Spanish Inquisition one begins to doubt this type of Christian spirit. Extremely vicious attacks and defense methods are only supposed to be used in defense of ones life and/or country. I have always been of the attitude that better my opponent goes than I, and I am quite sure that 100% of the people occupying the planet at this time would agree if they were honest with themselves. The potential to absorb extreme punishment and give it out can be increased the same as any human mental or physical ability can be. One simple way is to permit students to practice as little as possible with protective equipment and work most techniques full power in hitting and striking, minus equipment. Complete protective equipment is fine in one way, but once the wearer realizes he is difficult to hurt, especially by another inexperienced opponent, he will throw caution to the wind and before you know he will not even attempt to block, roll or turn away from an attacker. I do not believe in the use of matted or padded floors for throwing techniques. In my fifteen years experience as a full-time instructor of the fighting arts, I have seen many injuries on Tatami or matted floors, but I have never witnessed any injuries with my students in my present studio, and they are thrown on a bare floor. The unusual thing about this is that for sake of experimentation I have not even taught many of them how to fall properly. They have picked this up themselves, I suppose, with the help of Mother Nature, and they are better for it. When you realize the surface you are falling on is soft you have a tendency to get lazy, which in street defense you cannot do at all. Punishment drills, full-contact sparring and self-defense help in the development of fighting attitude and courage, along with the ability to withstand punishment. Body punishment drills often used in karate are of some help, but since the man being hit is prepared for the strike

its beneficial aspects are not as great as they could, be or should be. To be hit on the solar plexus, stomach or abdomen on the inhale is quite a big difference from being hit on the exhale or with located stomach muscles. Most popular karate Senseis try to portray an image of extreme purity and high ethics, but in actuality they are normal people like anyone else. They openly disagree with many of my policies, but in reality know that it is the only true way to attain proper ability.

The more aggressive, nasty or vicious a new student is the more I groom him. Because in this man not only does there lie a potentially skilled fighter who could develop his own prowess tremendously, but here also is a man who could give my less aggressive students a slight taste of what they will have to face on the outside. When a starting student shows sign of basic potential I believe he should seek temporary employment of such a nature that he would be able to practice these techniques under adverse street conditions. I have often told students who lack courage, the only way they can attain that courage is to go out and fight. I don't advocate provoking physical violence, but in many cities, such as Chicago, New York, etc., the opportunity presents itself quite often. This may seem harsh, but a karateist, no matter what his rank may be, who is without experience, is similar to a man put to test at the Indianapolis 500 with only the previous experience of having raced cars by computer at a Carnival. In karate competition, strikes and kicks are pulled short of their mark. A small man could, in a contest, defeat a much larger man by throwing a fairly well executed punch to the abdomen; whether or not he had the power to achieve his purpose is taken for granted. Many prizefighters have been known to have "glass jaws." How are you going to know if you have this particular physical weakness of the jaw or some other highly susceptible area, unless you are actually hit? How else are you to know whether or not you have the ability to stop a man with a strike unless you have actually hit and have seen the results? One important factor to keep in mind is that a man may have speed, technique and form, but if he does not have power and courage he has nothing. Also, if a man has power or courage often he can win on either of these merits alone.

TIMING

Although timing is a very important aspect in boxing, football, hockey, etc., very little is done to develop it in the karateka. By this I mean there are no specific and definite exercises and maneuvers to perform to develop this most important technical asset. Few people realize the importance of timing and it deserves much more space than I am allowing for it here, but it is difficult to emphasize the importance of this without becoming very technical.

ENDURANCE & CONDITIONING

Endurance is less important for the fighter than conditioning. By conditioning I do not refer to the ability to bend like a rubber band. Conditioning means the ability to hit hard, block hard, move 'strong and drive your opponent without mercy. In boxing a contestant may be required to compete for fifteen rounds. A vicious street fight with death or knockout as the goal, lasts a very short time and should be over within approximately 6-7 seconds for each attacker. Man with his supposed great endurance can only run or hit full power, full speed for a minute or two. A racehorse can also be run wide open for only a few minutes before fatiguing. My feelings are to defend against and annihilate ones opponent as quickly and thoroughly as possible. There is no substitute for aggressiveness, drive, strength, and youth. A perfect example of this is Sugar Ray Robinson who is most probably the most highly skilled fighter in modern history. In the final years of his fighting career, although he had attained almost the ultimate in boxing technique, he was little match for many of the young, inexperienced fighters of little or no repute.

It is my personal belief that the present day Oriental systems are rather ineffective, some being too flashy, and some being too crude. If they are to regain some of their lost respect they will have to settle down to a stronger, more fluid and effective system. NO one art is an answer within itself. I believe in a combined art of which there are no rules, restricted striking areas or outlawed techniques. At present, I doubt there are many karateists or judoists in the world who could stand a chance with Muhammad Ali. The best fighters I have found are professional wrestlers and football players. Professional wrestling may seem phony, but the participants are big strong men and have little or no restrictions on their techniques or holds. Although they do pull their blows, they do contact slightly, and allowing for their size they could easily work through the best karateists in the world. The majority of karate or self-defense magazines are dead set against any body

contact in karate competition. This is partially due to the fact that if this contact were allowed legal legislation would probably follow against karate and their financial revenue would drop greatly. In the June, 1969 issue of *Official Karate* magazine on page 47, a reporter stated that he witnessed groin grabbing and slapping techniques used by the Chicago contestants at the November, 1968 Karate Championships (Chicago vs. East and West Coasts). He also stated that this was not good karate or even karate at all, but street fighting at its ugliest. If this is what it takes to win, I am all for it and I say to "hell" with karate. If they are afraid of street fighting techniques because they are too dangerous or dirty they should hang up their fancy uniforms. I have personally fought many Orientals and whenever I executed a groin grab or slap they were amazed and rather upset at this unorthodox and deadly attack. I felt since they were Orientals themselves and supposed masters they should be able to cope with almost any attack, and I was greatly disillusioned by their lack of effectiveness. A personal friend of mine in his thirties, who is an accomplished street fighter and has in the past killed many men on the street, joined a karate club in the area. The instructor, a fifth degree Black Belt (5th degree is the highest rank one can achieve on technical ability in his Japanese Organization, which without doubt the toughest in that country) tried to show up the new student and was beaten unconscious by the first lesson student and after this happened so were all the other Black Belt instructors. I will have to admit the defeated instructors were some of the most effective karateists I have seen in a long time.

Another example of lack of street prowess by so-called karate champions occurred a short time ago. The highly respected Oriental karateist who held both the World and International Karate Championship titles, was beaten up by a 16-year-old high schooler who he caught trying to steal his Honda motorcycle. When the karateist was revived he got up and was thoroughly trounced again by another 15-year-old high schooler. This was brought to my attention when an ex-student of mine, an employee of the same chain of judo and karate dojos had to retrieve the Honda for the World Champion. The unusual aspect of this was that this World Champion, in contest is a sight to behold. He was aggressive and seemingly without fear. I recall one time he had a front tooth knocked out without batting an eye, but when it came to the street, with no referees or judge to intercede, he lost his ability to execute the techniques of the art which he was the World and International Champion.

Even sadder than this was an incident that occurred shortly thereafter. The same ex-student/instructor of mine visited the studio in the early A.M. to clean up his multiple wounds before going home to his wife. He had been involved in a bloody gang fight in the infamous Chicago area Calumet City district and was soaked in blood, even though not severely injured himself. The same, previously mentioned World Champion who was residing at the studio, upon seeing his fellow instructor enter the studio covered with blood, panicked and ran from the studio into the street in pajamas and didn't return for several hours.

Recently, a Hong Kong and Hawaiian Gung Fu master visited one of my studios and, though highly skilled in the art of Gung Fu, when it came to what I like to term "street sparring" was knocked unconscious and thrown to the floor by beginning 16-year-old students. For these above-mentioned reasons I have no faith what-so-ever in the ranking belt or sash systems, as the belt or sash itself proves absolutely nothing.

My instructors do not demand respect from beginning students, and they get it by earning it through personal contact with the student.

In November, 1968 the Chicago area karate clubs challenged the top national champions from California and New York. The Chicago three-man team lost only one match out of six to the combined East and West Coast champions. *Black Belt* magazine (April, 1969) and *Official Karate* magazine (June, 1969) referred to the Chicagoans as overly aggressive sluggers who used too many dangerous striking and throwing techniques along with too much body contact. Even sports such as professional hockey, football and boxing have more contact than present-day karate tournaments. The present-day karate news media and a handful of outdated Oriental politicians are responsible for the present day weak styles of karate.

My one last statement and the most glaring fact of the whole article is that the most important thing for a defense system or technique is that it work and be effective and you can ask no more.