

JUKIDO-KAI NEWS

ISSUE 108

AUGUST 2019

TEMASHIWARI

Temashiwari...What is it?..... Why is it such an important part of karate?.... Throughout history warriors have gone into combat to protect their people and lands with weapons. Empty hand fighting skills are always taught as supplemental skills to the weapons training. These fighting skills did not focus on techniques that were useful in competition. The goal of a warrior who had broken or lost his weapon in combat was to end his opponent's ability to cause harm as quickly as possible. Since weapons like the bow (Kyu-jutsu), the spear (yari-jutsu), and the sword (Kenjutsu) were the focus of training, the samurai developed many methods to practice with and test out these weapons.

Test cutting with the sword (katana) was known as Temashigiri. This was done on dampened straw mats that were rolled up to represent the various parts of an opponent's body. Weapons training would always be the priority until, as history would have it, an invading force or a corrupt government would force disarmament on a population. This is exactly what happened to the people of Okinawa, causing the warriors to develop one of the deadliest empty hands arts known to man- Karate! The combat art of karate, known as karate-jutsu, was designed to train every part of the body to function as a weapon. This older art emphasized striking as its primary tactic but also included the locks, throws and takedowns familiar to arts like jujutsu. Having as advanced knowledge of human anatomy and the vital targets of the body, a karateka was very effective even against an armed opponent. With striking as a primary tactic, the body had to go through conditioning. A wooden post padded with straw and wrapped with leather was used. This is called a makiwari, and would be struck repeatedly with various parts of the body. Massage was applied to the part of the body being conditioned to promote healing. Once a certain amount of conditioning was achieved then Temashiwari would begin. In this practice a warrior would gather up materials like board's tiles and bricks and strike them with enough force to break them. Boards would be stacked into thicker stacks until the warrior had developed the strike to the point where he felt he could kill with a single blow. In modern karate, where people and children of all levels of fitness can practice, board breaking is used to demonstrate focus determination and technique.



JUKIDO-KAI SCHOOL OF MARTIAL ARTS
13145 WAPAK-FRYBURG RD. WAPAKONETA, OH 45895
(419) 738-9490 **www.jukidoKai@gmail.com**



SCHOOL BUS

Sensei Says...

Summer training is in full swing and going great. We have concluded sword training for the summer and are ready to train out board breaking skills. Remember on sparring night this month, instead of sparring practice students will demonstrate to family and friends breaking real wooden boards. Also keep in mind its time to start thinking about getting back to school soon. Make sure your grade remain good, because I will be checking report cards. Also remember in September, we go back to wearing full uniforms.

Sensei Topp

REMINDERS...

9/2 NO CLASSES LABOR DAY

9/21 Kata Workshop

9/30 NO CLASSES

QUOTE OF THE MONTH:

"The greatest of faults, I should say, is to be conscious of none."

~ Thomas Carlyle

 JOIN US ON
facebook

KARATE1

WWW.JUKIDOKAI.COM

WHO KNEW?

Cinderella has been made into a movie more times than any other story.