

## "The Importance of Kihon"

What is Kihon and why is it so important? Some systems of martial arts refer to Kihon as the "Basics". This can be misleading as some people translate the basics to be the easiest techniques to perform. Kihon would more accurately be described as the fundamentals. The fundamentals of the art are not necessarily the easiest or the most difficult. The Kihon are the techniques that form the foundation of the martial art being practiced. This is usually based on the most likely problems a student will have to address or the most common attacks a student would have to deal with. This would mean that in a sport based fighting art the Kihon would rarely if ever change. The fixed rules of fighting sports would keep this consistency. In contrast, a self-protection or combative based fighting art would be required to update its Kihon as attack trends change in a society. Without awareness of the violent trends the Kihon would not be updated and a practitioner of the art would have a collection of tactics that were outdated and ineffective. The Kihon of a martial art is what gives various arts a characteristic look or feel. For example, most styles of karate can be seen using blocking, kicking and striking techniques. The art of Judo can be recognized by its focus on falling, throwing, and mat techniques. In an art like Aikido the Kihon include methods of redirecting an attack and projecting the attacker away or applying a joint lock to control the opponent. Regardless of what art you practice, the Kihon will be drilled countless times until mastered.

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# SENSEI SAYS...



**Remember to pay attention to the October calendar as there are two Thursdays this month that class will not be in session due to trick or treat and the Halloween parade. Those practicing in the tues/thurs program are welcome to come to the Wednesday night session to get your practice in. Promotion testing dates will be modified to fit the schedule. Announcements will be made in class as the time for testing gets closer.**



**SENSEI TOPP**

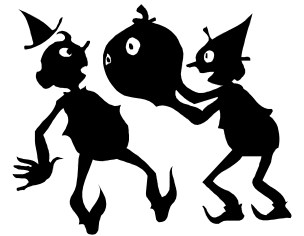
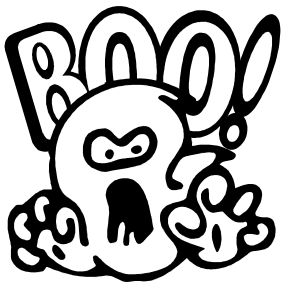


## REMINDERS...

**October 26th = Kata Workshop  
NO CLASSES**

**October 17th = Parade**

**October 31st = Trick or Treat**



## Who Knew?

**When you get goosebumps from listening to music your brain has just been flooded with dopamine, a neurotransmitter that controls the brains pleasure center.**

