

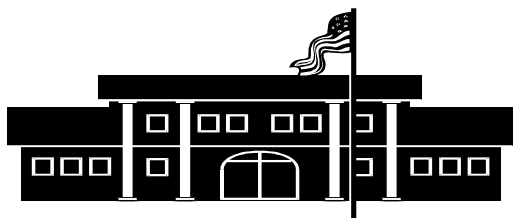
# JUKIDO-KAI NEWS

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**No other aspect of karate training is more misunderstood than Kata. There are some modern karate systems that don't bother to use kata at all in their training. These are usually competitive fighting systems similar to kickboxing or following the MMA trend. Usually instructors of these methods claim that there is no fighting value to practicing kata. What a terrible loss for these systems! There are some tournament focused systems that have shifted to the opposite extreme. These systems have taken kata and added gymnastics and dance to the forms to create a dynamic performance. Again changing kata in to something it was never intended to be. There are also karate systems that require a black belt to learn 30-40 kata. As if collecting as many kata as possible would somehow magically create skill in karate. In classical karate systems very few kata were taught to a student. The difference in these old karate-jutsu systems was that the practitioner knew what the kata was for! A system like this was focused on self-development and self-protection to a high degree. Mastering very few kata was always the priority over collecting many kata, or worse, turning them into a performance. The kata is used to train correct body mechanics and efficient body movement. The kata also teaches effective techniques and variations of those techniques. Fighting concepts and strategies to deal with an opponent are contained in kata. Locking and throwing techniques as well as vital targets and lessons on human anatomy are in kata. If only one kata was mastered, the student of karate would possess a rich set of fighting skills. There is a particular method used in our system of Eugeu-Ryu. That follows an exact formulas for extracting all of these layers of training and information. Just like the classical systems of karate-jutsu, this makes kata truly the heart of karate.**



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# SENSEI SAYS....

Another successful summer training has passed! Congratulation to all those students who picked up new sword skills. Congratulations to all of those who accomplished their board breaking goals in August! Now that you know that nothing can stand in your way, set new goals and move forward to achieving those also.

Kaizen!

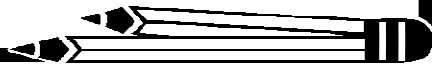
Sensei Topp

$$4 + 2 = 6$$

$$5 - 3 = 2$$

$$\begin{array}{r} 7 \\ \times 2 \\ \hline 14 \end{array}$$

# JUKIDO KAI



QUOTE OF THE MONTH

"At 20 years of age the will reigns, at 30 the wit, at 40 the judgement." ~ Ben Franklin



WORD OF THE MONTH

Kaizen =

Constatnt Improvment



## 'NOTE" WORTHY INFO

9/7 ~ SELF SEFENSE

9/21 ~ KATA WORKSHOP

9/21 ~ IAIDO TESTING

### REMINDER

Please do not drop off students or arrive for class more than 15 minutes prior to the start of your class.