

Sample lesson 1

LESSON 31

Date: February 5, 1997

Main Instructor: Kanazawa-kancho

Assistant Instructors: Murakami-sensei, Suzuki-sensei, Tanaka-sensei, Nobuaki-sensei

- Kihon
 1. Oizuki (two steps, one step)
 2. Sanbon-zuki number one
 3. Gyakuzuki (two steps, one step)
 4. Sanbon-zuki number two
 5. Age-uke, gedan-barai, gyakuzuki
 6. Soto-uke, empi-uchi, uraken
 7. Uchi-uke, kizami-zuki, gyakuzuki
 8. Shuto-uke, nukite
 9. Maegeri (two steps, one step)
 10. Mawashigeri (two steps, one step)
 11. Maegeri, mawashigeri, gyakuzuki

- Kumite
 - Sanbon kumite numbers one and two

- Extra

Murakami-sensei, Suzuki-sensei, Tanaka-sensei, and Nobuaki-sensei alternated as partners and demonstrated Gohon kumite, Sanbon kumite, Kihon ippon-kumite, and Jiyu ippon-kumite, going right through the syllabus. Kanazawa-kancho commented and explained all of the important points throughout. Murakami-sensei was awesome on his Kihon ippon-kumite and Jiyu ippon-kumite. Kanazawa-kancho also demonstrated a little. His power, kime, and ma'ai (adjustment of distance from opponent) were phenomenal, especially considering that he couldn't use full power because of a recent eye operation!

- We finish the lesson with kokyū.

- Notes
 1. What a fantastic lesson!
 2. A group of karate-ka from Australia was visiting the dojo, so most of the lesson was given in English, and the dojo was packed full.
 3. Breathing is the most important thing for karate, but also for life. This is an obvious statement, but, if you don't breathe, you die!

4. In karate, you breathe in through the nose and out through the mouth, mostly. In tai chi, you breathe in and out through the nose.
5. Your hara controls your balance completely. By tensing your hara, you can maintain your balance and lift heavy opponents without apparent effort.
6. Your head is your brain, your chest is your character, and your hara is your spirit and power. In order to function as effectively as possible, all three must be equal in every way. If two are strong and one is weak, there is no real harmony. This creates an imbalance, resulting in bad form and vulnerability.
7. Some techniques can seem to be ineffective, but if you create harmony between mind, spirit, character, legs, arms, elbows, knees, fists, feet, etc., a seemingly ineffective technique can, in fact, be the total opposite.
8. Gohon kumite and sanbon kumite are training exercises for practice only. They both build strong arms, legs, and muscles and refine technique. Kihon ippon-kumite and jiyu ippon-kumite have a direct application to a fighting situation and should be practiced with complete seriousness and effort. Kihon ippon-kumite and jiyu ippon-kumite can be altered and modified to suit your own individual needs, but there must be a set syllabus of techniques to practice and develop. Variations must only be used for extra practice and awareness and only after an understanding of the basics has been achieved.
9. Eight is a very important number in kihon ippon-kumite and jiyu ippon-kumite largely because defense and counter attacks are made to all eight points of the compass during the course of practicing these techniques. This is extremely important for learning how to defend yourself from any technique, coming from any direction, anytime, and anywhere.
10. Karate techniques should sometimes be practiced with a little overemphasis so as to stretch and help relax tense muscles and joints.