



Katsu-Mi Kai Shotokan Karate

February 2009

NEWSLETTER

Kanku Sho Bunkai Course

Taunton 17-1-09

KATSU-MI Kai's first course of 2009 was held at Taunton on January 17 and was based around the bunkai of the kata Kanku Sho. The amount of research and work which Sensei Carroll puts into his courses really becomes apparent the more of his courses one attends, and this one was no exception.

The lesson started with punching at different distances, tate-tzuki, ura-tzuki, choku-tzuki, oi-tzuki and gyaku-tzuki. Small sections of the kata were practiced followed by Sensei Carroll's interpretation of the bunkai. But as he always says, 'This is my view, you may have a totally different way of seeing it'.

Some of the techniques were also practiced with striking pads, thereby allowing more contact. One of the moves practiced was knee striking while grabbing your opponent by the shoulders and pulling them sharply down on to your knee. With the use of a pad this move could be practiced to full effect.

Many techniques were explored, as well as knee strikes, there were elbows and open hand and also a lot of working on distance. Sensei demonstrated how one technique from a kata could be changed from a relatively distant position to a closer one.

In his bunkai courses Sensei Carroll turns a kata into a complete fighting system and each Shotokan kata becomes a ledger of techniques. Karateka who consider kata to be a series of moves to be learned in order progress through the grades or who see themselves as 'fighters' and just want to concentrate on kumite, are missing so much. Sensei Carroll's bunkai courses serve as an real 'eye opener' to what kata represents and everyone who is serious about their karate should do their best to get to them.

KN/STM



WITH the aid of striking pads the class attack their partners with knee strikes.



SENSEI Mark Carroll demonstrates punching an opponent once they are on the ground. Sensei Manning bravely holds the pad.

2009 EVENTS

COURSES & DAN GRADINGS

to be held at Taunton 1 p.m. til 5 p.m.
Wellsprings Leisure Centre, Taunton
Saturday 2nd May & 25th July

KATSU-MI KAI KYU GRADINGS

to be held at Melksham for anyone wishing to attend/grade.

Training on these gradings begin at 7 p.m.
Wednesday evenings
11-3-09, 10-6-09 & 16-9-09

WEEKEND COURSE AT ST IVES

9th/10th/11th October
at St Ives Guildhall

Combine a training course with a short break
in the seaside resort of St Ives, Cornwall

*Please do your best to support the association by
attending as many courses as you can*

克己松涛館空手