



## Why BAD BUNKAI is really BAD!

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Trapping a punch to your face between your forearms as taught by a well known 8th Dan Japanese Shotokan instructor, would your instructor teach this ? would you stay in his class if he or she did ?



### First Seminar of the Year! - Georgia

We began 2107 with an excellent seminar in Georgia in the Dojo of Kelly Leo, who, together with successfully passed the Kissaki-Kai Shodan Rank test.

Since first coming into contact with sensei Phil Oakes and sensei Robin Short, senior Kissaki-Kai instructors in the USA, he has taken to the Kissaki principles like a duck to water, adding them to his already formidable prowess in both karate and Kick-Boxing. He and a number of his students joined Kissaki-Kai after the first seminar last year with chief instructor Vince Morris, and has enthusiastically trained and supported Kissaki-Kai ever since.

At the same event, instructor Robin Short was confirmed in the rank of Godan, which was well-deserved. He paid his dues by acting as Uke on this occasion to sensei Vince, as sensei Phil - who usually claims this post - was teaching.

Because the whole concept of Kissaki-Kai relies upon close-range, hands-on contact, to develop real skills and a correct sense of timing and movement, Uke necessarily bears the brunt of the controlled but 'firm' counters to a variety of attack scenarios. The underlying principle being to make training as real as possible all the time.

This intensity sometimes has repercussions, but in advanced training we consider the occasional bruise a 'Badge of Honor.'



**Bruises are 'Badges of Honor.'**

### Georgia Seminar and Rank Testing

What a great weekend, training with Kissaki Kai Karate International.

It was a full weekend of solid Bunkai, also gun and knife defensive tactics.

Not only was I learning and being pushed out of my comfort zone. I was being tested on my growth and knowledge of how to analyze and apply the techniques within the Kata. After the second session and total beat down, having to get in front of a panel of higher ranking Kissaki Kai members.

Explaining my understanding of what I was doing as I demonstrated the applications, was very tough.

Having to do it under pressure made it real. It was a great experience and looking forward to continuing the journey and sharing it for the rest of my life.

**Kelly Leo - Full Throttle Fitness.**



**Special Offer!**

What makes Kissaki-Kai different is the constant application of the 'Rules of Combat' to all methods of defending against an attack. Developed over many years of research and Police Training, these 'Rules' can make the difference in surviving an attack!

This new Double DVD set expands and enlarges upon the original DVD and is an indispensable resource for all martial artists who really want to develop unbeatable defenses! Now available on its own or as part of a set with the Book and 1<sup>st</sup> DVD!  
[www.kissakikarate.com/shop.htm](http://www.kissakikarate.com/shop.htm)

Many people seem a little nervous about attending a Kissaki-Kai seminar for the first time, but in fact the vast majority who take the plunge end up extremely enthusiastic about the gateways of knowledge which have opened up for them.

Here is the reaction of one such high-ranked, experienced karate-ka who stepped out of his comfort zone in pursuit of good defensive karate training, and who immediately decided to join the group:

*I had the honor and pleasure to train with Mr Vince Morris, Mr Phil Oakes, Mr Robin Short and some other students involved with Kissaki Kai karate recently.*

*In the 31 years I've been involved in karate, Bunkai was never really taught so I was exited to be a part of this seminar.*

*I knew it would it be good one, but until I got there and started working with these guys, I didn t realize how eye - opening it would be ! They truly are exceptional martial artists and they really took their time to explain exactly how the techniques were applied. I am really looking forward to working and training with Kissaki Kai karate in the future and recommend to anyone that they do the same if given the opportunity !*

*If I had 5 stars to give em .... they would get 10 ! OSU Sensei Tommy Denson 7th Dan Yoshukai karate.*

Yes, it does take a certain amount of courage to attend, but we are only interested in helping all martial artists become more effective in their art, so do take a chance and try for yourself.

Come and ask your questions, test out what we have to offer and judge for yourselves.



Presenting the well-deserved Kissaki-Kai Shodan to sensei Kelly Leo.



With Tommy Denson, Phil Oakes and others at the Georgia seminar.



[www.soleilenfrance.com](http://www.soleilenfrance.com)  
Come and see us also on

facebook



Sensei Vince and Eva are offering family or training weekends / vacations in the South of France in the lovely hilly area of Languedoc

Here you can enjoy peace and quiet around the private pool, enjoy hiking and cycling in the beautiful countryside, yet be only a short drive from the Mediterranean beaches.

Easy reach of Golfing, kayaking, fishing etc., with the bonus (if desired) of private training with the senseis in the Cave Dojo. The large house has easily room for groups of up to nine, self-catering.

**SPEND A SHORT BREAK WITH US IN FRANCE**



Ludwig Pfefferkorn and family had a great time!

To see more go to -

[www.soleilenfrance.com](http://www.soleilenfrance.com)



There is nothing so dangerous to a martial artist than karate that only looks like the real thing, but in reality will get the user badly hurt! ~ Master Choki Motobu.



Trapping a punch to your face between your forearms as taught by a 9th dan Japanese Shotokan instructor, would your instructor teach this? would you stay in his class if he or she did?

One correct interpretation of this waza from Nijushiho Kata



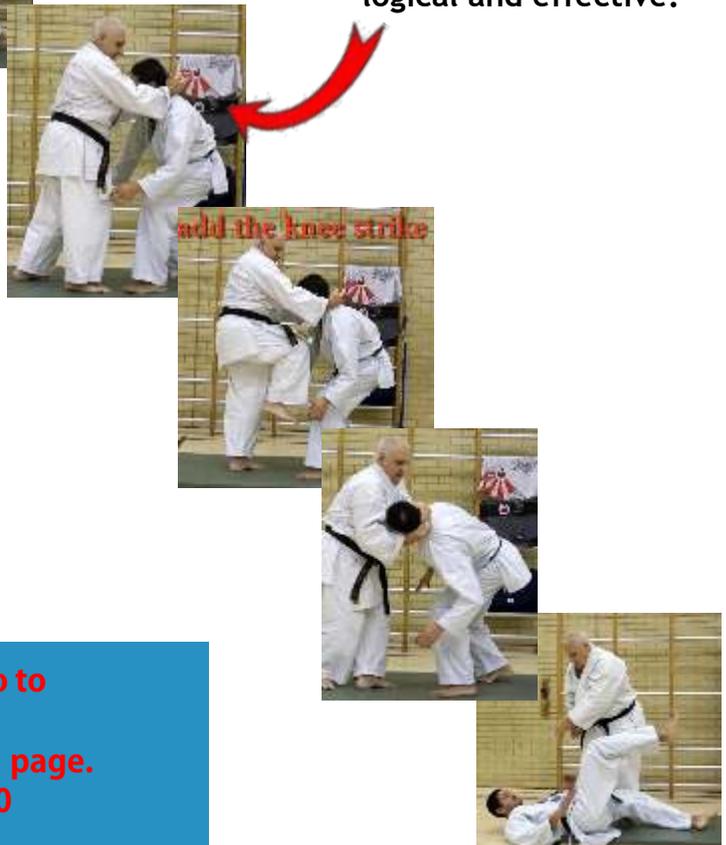
The waza here is from Nijushiho. Uke grabs Tori with both hands from the rear. In a big movement, Tori spins and hammers both fists down onto the St.5 forearm points.

As the attacker jerks forward, Tori hits him with hard double punch to face and body (Morote-zuki)

Then with both arms he seizes the head or neck hard, pulls Uke into him strikes hard to the body or face with an upward knee strike (Hiza-geri) and snaps his head round to take him to the ground. (Kubi-nage)

This is a powerful and effective sequence which ends with the enemy on the ground and it is a very fast sequence!

Here you see a correct interpretation for the double forearms technique which is logical and effective.



To see the video of this waza, go to [www.kissakiusa.com](http://www.kissakiusa.com) and open the 'One Minute Dojo' page. This sequence is in Number 20



### The formidable Shiro Asano!



**British Championships Kanazawa sensei (seen judging) awarded Vince the highest score of the day for this Kata - Hungetsu.**

### Sensei Vince Kata and Dojo training



To all my friends on Facebook, I've said many times what a very lucky Karate-ka I've been in my Karate life.

After doing Wado Ryu in 1964 for 1 year it wasn't really my thing training along with 10 students then a month before Gradings all of a sudden 60 students and when I asked what was all this, the instructor said oh they know what to do as *they have a book to tell them what to do for each grading!* So I never graded and left.

In 1969 I saw they was going to be Karate at the new sports Centre, so went along for the first lesson and was hooked immediately and did it every Tuesday and Thursday.

On my first grading in Barnsley I found out about Sensei Asano! He had a Dojo in Nottingham so thought I would go along and give it a shot, well that certainly opened my eyes compared with what I was used to! His Dojo already had a lot of Black Belts and how good was that and I couldn't believe how hard it was but I was determined to give it my best!

So there I was with my little Black Tag on my White belt it was a Sunday Morning and this Black Belt came up to me and said: *"My name is Vince Morris you are obviously new, where do you train?"* to which I replied: 'Newark Shotokan.' Vince replied: *"Nice to meet you if I can help you or you need anything just ask."*

Now I was only a White belt and I've already got this man wanting to help me! Well that morning he did, as he taught the lower grades while Asano took the high grades. Our class was only a hour and half but at the end Vince came over and said: *"You did ok, hope you come again."* I then stayed behind and watched Asano put it on all the high grades! Hmm - not to sure now - God he was so hard, but I was already impressed with Vince, so I thought why not, so I went on the following Friday night and Asano took the class which I loved, except near the end when he would belt the Holy Crap out of those Black Belt's including the friend who was helping me, Vince, who suffered Asthma like myself and often it was so brutal he had a job to breathe! Anyway in the end I was doing my classes on Tuesday and Thursday's in Newark and also began training with all the top Japanese like Nakayama, Yahara, Kase, Abe, Asai, Tanaka, Osaka, Tabata Shirai, and the list goes on, then to Asano's on Friday and Sunday morning training with Vince which helped me on my Shotokan journey.

There were some terrific guys in Nottingham including another couple of very nice guys called Albert Hampson and Paul Mead, and in 1972 I can remember Aidan Trimble a young great blonde haired boy joining and within a few years you could tell he would be a World champion Karate-ka. By this time Sensei Enoeda and Asano Sensei had a difference of opinion and the KUGB unfortunately split and our Senior Black Belt who owned our Dojo along with theirs

## Continuing Alan Bainbridge's article...

others went with Enoeda's side. Either way it was going to spoil things for me although gaining fantastic friendships with the likes of Frank Brennan and all the top Instructors and fighters, In 1974 a I was lucky enough to meet Kawasoe Sensei but this was to be an unbelievable friendship as he called me his English brother even at his wedding, so this leads me back to Vince.

The very first time I invited Kawasoe to my Dojo I told Vince and of course he came along to train as we still remained friends, and a few years later our Senior instructor told me he wasn't coming anymore as it wasn't paying him to have the Newark club so I took it over and by this time I was also driving over to another Dojo and training there. Everyday of the week training, also building my businesses up, but help was on hand as, every so often, *Vince would come over and teach at my Dojo which was getting bigger to help but didn't even charge us!* We learnt so much and everyone appreciated his teaching until unfortunately I got stopped from having him - everything was so political those days - but our friendship never wavered.

Now I was traveling all over with Kawasoe and training at so many other clubs, and my Dojo was still growing so Kawasoe was coming on a regular basis and Vince would also come My Newark Dojo was now fantastic. I had built it up from about 10/12 students to about 150 with a huge number of Black Belts. it was a very busy time!

I put all my early teaching memories at Asano's club down to Vince Morris, the very first person who shook my hand and motivated me to be the instructor I am today, I don't know how he carried on after all that training with Asano, but thank goodness he came through for so many students, and even now if we don't necessarily see eye to eye all the time our friendship will be forever Osu! Australia 2017.



### Recent UK Seminar Participants

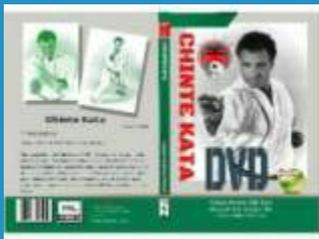
As a younger karate-ka, I was impressed by the Shaolin Monks training on wooden posts for balance and by the anecdotes of Master Funakoshi who would climb onto the house roof at night to practice balance control. So, here am I, on the top of chimney tops on high buildings in the centre of London.

The things we do...!

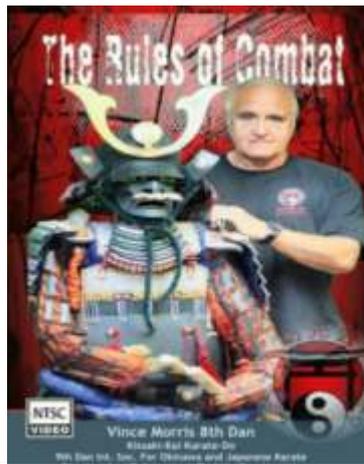


Check Facebook and [www.kissakikarate.com](http://www.kissakikarate.com) for forthcoming seminars!

Just a few of the Books and DVDs by sensei Vince available on the Website:  
[www.kissakikarate.com/shop.htm](http://www.kissakikarate.com/shop.htm)



Special NEW LOWER PRICES and BARGAIN BUNDLES - Check them out! You can also see many Promo videos on the **Kissakikai Youtube Site**. Also FREE One Minute Dojo episodes on [www.kissakiusa.com](http://www.kissakiusa.com)



[www.kissakikarate.com/shop.htm](http://www.kissakikarate.com/shop.htm)

For 4 years Kissaki-Kai has offered an On-line, Distance-learning Website which, for a small sum, gives members monthly downloads of video training in all elements and levels of the basics which comprise the system.

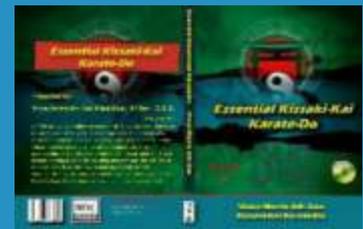
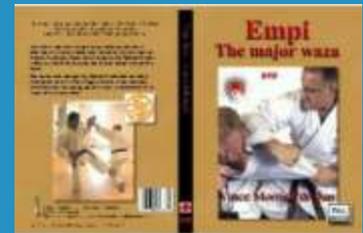
This is invaluable to all who want to master Kissaki-Kai, but who do not live near a Kissaki Dojo!

Why not take a look and see if it could help you?

[www.kissakikai.com](http://www.kissakikai.com)



See FREE PROMOs of the DVDs on Youtube -Search for **KISSAKIKAI** and check take a look.



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