

DAY 3. Session 4. Free.
P. B. Mistry - Teaching -
Kumite or Kake to Sho
Dan & Ni Dans

commenced the training with a few basic kumite drills, quick tsumi ashi movements forward and back, side to side and moving forward and back at 45 degree angles. I continued with these movements adding tsumi, uchi and keri techniques, at first separately then in combination. Then I made them move in neko ashi dachi moving forward and backward, side to side and finally in all directions. After this basic Kumite training, I got them in partners, and taught them one take downs (throw) and one joint lock.

The take down I made the practice was the "Ashi Barai" or foot sweep. This is the take down technique used in Gek Sai Dai Ich & Ni. For applications in Kumite, I do a variation for a direct attack and as a counter when the opponent steps forward to attack with a tsumi or a geri waza. I got them in partners and made them do this take down as a direct attack: As you square off with your partner when his left foot is forward, quickly grab his leading arm and pulling him towards you, while at the same time give a swift sweep with your back leg to his front leg turning him around and making him lose his balance, now quickly attack his back with two punches. If he falls down quickly follow through with a Jodan tsumi at his head/face.

As a counter to a stepping forward jodan tsumi : Block with a Hiki uke and grabbing his arm pull him hard, and at the same time apply a powerful foot sweep (ashi barai) grabbing his lapel at the collar from behind pulling him down to the floor. Quickly follow through with a tsumi to his head/face.

The Joint lock: As soon as your opponent attacks with a Jodan tsumi, apply a Hiki uke to deflect the punch, and then pulling him using both hands to make him lose balance, and turning him outward by applying a joint lock to his elbow with your free hand. Similar to the elbow break in Kata Sisochin, but in this case use your free hand to push and twist his arm outward and downward.

After practicing all these

4 Day IOGKF Chief Instructors Gasshaku Shihan Mistry Awarded 9th Dan

This marks the concluding segment of the article penned by Shihan Pervez B. Mistry, detailing the entire spectacle of the IOGKF Chief Instructors Gasshaku. Undoubtedly, readers found themselves engrossed in this firsthand account from one of India's most seasoned Karate masters.

As a delightful denouement, Shihan Mistry, alongside his esteemed colleague Sensei Earnie Molyneux, were honoured with the prestigious 9th Dan—a surprise and an immense honour for both.

While it's widely believed that Shihan Mistry merited this recognition much earlier, the announcement remains a cause for celebration among Shihan's fervent admirers.

"The World of Martial Arts" extends its heartfelt congratulations to Shihan Mistry for this long-deserved and significant achievement.



techniques 20 times slowly and 20 times with speed. As the time of up, I then called for Shugo and ended this session.

DAY 4. Session 1. (16-07-2023).
Nakamura Sensei - Warm up & Sisochin Kata.

During the warm up Sensei mentioned that quite a few of the exercises prepares one for the actual techniques either in the basic techniques, or for a particular Kata, or even for a self defence technique. For example in the warm up we practice "Hiza Ate" or knee strike, which is used in the Kata Saipha and in close quarter combat.

At the conclusion of the "Junbi Undo", Nakamura Sensei proceeded onto Kata Sisochin. Shisochin (四向戦) is a kata of Naha-Te karate style literally means "Four Directional Battle", and was taught to Kanryo Higaonna, by Sifu Ryu Ryu Ko. However some circumstances do not confirm this statement since there was already a variation of this Kata, taught by Sensei Seisho Aragaki. In his later years, it is said that Sisochin Kata was the favourite Kata of Sensei Chogun Miyagi.

We commenced training by doing the Kata a number of times with and without counts, with Sensei giving us important

advice on each individual techniques. Then he took us in individual segments of the Kata pointing out the main essence of that particular technique. Shisochin begins at the stance Sanchin dachi in three steps when applying three successive and fast nukite zuki. There is a predominance of kaisho waza or (open hand) techniques. The posture is upright, with high and low stances, emphasising adaptability from one movement to another. Besides Sanchin dachi, other stances include ayumi dachi (forward & backward movement) and zenkutsu dachi. (Forward stance).

The kata is symmetrical, with alternating vital point attacks, there are also projection techniques - nage waza (throwing techniques- and grasping techniques).

After quite a few more repetitions Sensei Nakamura brought the session to a close, after the Rei and applause.

DAY 4. Session 2.

As I was not teaching, and feeling a bit sick, I did not attend this session.

DAY 4. Session 3.

P. B. Mistry - Teaching San Dans - Oya Bunkai - Any Kata.

I got them all to sit down, and explained my understanding of Bunkai.

There are three types of Bunkai, the first is the Kihon Bunkai one does for grading, the second is Oya Bunkai which is one's own interpretation of a technique, and not just one but as many as one can think of. After practicing these techniques they should then pick out one technique that suits them best, and this is called "Okuden Bunkai" or your secret technique.

I further explained that we are all of different sizes, one interpretation will not suit everyone, especially kids. In most of the Katas we perform the same technique on right and left sides, and the reasoning is that in a sudden attack you could do an inside block or an outside block. Furthermore in close

three in each line would attack, till all had attacked the first line, then the second line would take over and so on until all the lines had performed the same technique I instructed them in as follows: Technique 1. Attacker: Stepping forward with a Jodan Tsumi.

Defender: Stepping back, blocking inside & a small shift step forward with a jodan tsumi aiming at the throat. The block and tsumi must be instantaneous.

Technique 1. A. Attacker: as above.

Defender: Blocks with a Jodan Uke on the outside of the attack aiming for the elbow joint, quickly followed by a chudan tsumi at third rib level just below the armpit of the attacker.

Technique 2. Attacker: As above.

Defender: Blocks inside the attacking arm, and with his free right arm goes underneath the attacking arm, bending it going into a right angle and using pressure with both hands to lock the elbow and shoulder joints. Care should be taken as too much pressure could result in an elbow and shoulder dislocation.

Technique 2. A. Attacker: As above

Defender: Blocks on the outside of the attacker's



quarter attacks it is easier to take down an opponent with an arrestation, throw, joint lock or a choke hold. In this class I had 12 students and made three lines of four students in each line.

To make them understand I choose just the first block (Jodan Uke) of Kata Gek Sai dai Ich. I told them that the first line would perform the technique, and the other

arm at the wrist joint, and quickly punching the opponent with a short but powerful Ura tsumi in the liver area, continuing to swing & ducking under the arm then straightening up bring the arm down over your shoulder in a straight arm elbow joint lock or arm break.

Technique 3. Attacker: As above.

Continued to page no. 5....