



**Kissaki-Kai  
Karate-Do**

# Newsletter

April 2020

## ***Deal with it!***

These are difficult times; no doubt about that!

However - that's what a warrior is for - to deal effectively with 'difficult times!'

There are certainly problems to deal with, it is hard to be constrained to not being free to go out whenever and wherever we want. However, there are cogent reasons for these restrictions and we all want the dreadful and dangerous situation to be over as soon as possible!

We need to protect the lives of not just our families and friends, but of others in the community.

There are physical, emotional and psychological consequences of enforced isolation, but here we are thinking about those who practice the martial arts.

Normally, although there should always be a large part of training away from the training partners in the Dojo; now there is no choice.

So, what are we to do?

Here are some of my suggestions, which I am carrying out myself.

First, it is really important that you think about what it is you want to achieve, and exactly how you aim to do it.

The most obvious is to stay healthy, and to maintain (if not increase) your physical fitness and technical prowess.

Look for the positive in the

situation - don't dwell on the negative.

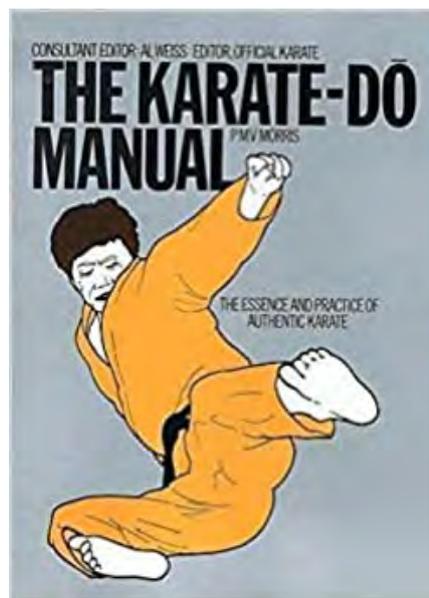
Yes there are some aspects of training you just can't really do. Partner work (except maybe with helpful children or wife) is not possible.

On the other hand you now have time to work on other important aspects like your cardio fitness, your flexibility, your speed of executing techniques...

And of course, there is always your Kata training!

Also, do not forget the value of mental rehearsal training!

I wrote about this in my first book way back in 1979 (The Karate-Do Manual) following the research I made into how top athletes and sportsmen prepared themselves for the big occasions.



It turned out that mentally visualizing and rehearsing a situation was equally effective in martial training to 'fine-tune' a technique as to an athletic performance.

I discussed this with my sensei Shiro Asano, and he revealed to me that he had often done such exercises to aid his own development.

So - now is your chance!

Sit quietly, running scenarios through in your mind - recognize where difficulties or errors occur and mentally change them into a better outcome. You will then be far more prepared when the moment arises.

So, on to the physical.

It is important that you aim for consistency and achievable targets.

Following Master Funakoshi's advice: "Karate is like boiling water, if you do not heat it constantly, it will cool."

'Little and often' is far better than occasional long sessions!

Set yourself a daily regime that you really can keep to. I try for 5 days out of 7, but it's your choice what works for you.

Personally I find it better to train every morning, to get a good start of the day; but you should decide for yourself what fits better into your daily routine.

What can you do that is productive?

Well, I usually begin with a Cardio Karate routine to invigorating up-tempo music and with the majority of the movements based on karate techniques - punching, kicking, striking etc., but in dynamic rhythmic sets which push the cardiovascular limits.

This is followed by a routine based upon TABATA; a downloadable FREE app which sets up timed exercise times and rest intervals.

The gist is, it incorporates a greater work load or intensity and hits a greater range of muscle groups than traditional cardio in a shorter amount of time.

You can decide what exercises are best for you - how easy or how challenging and what time intervals are set. For Eva and me, we set 1 minute work intervals and 15 seconds recovery intervals with an overall duration of 7 - 10 sets.

**You can make this a seriously challenging High Intensity workout!**

Having said that, it MUST also have an element of fun about it! If not, you will eventually look upon it as a chore rather than as something to look forward to.

Training seriously is important, but we can't operate at high intensity all the time. We can look to diversify what we do in order to increase the fun factor.

This will help us to continue the regime and alleviate the boredom of continually doing the same thing (exercise).

You can hang a bag up and spend time developing your kicking and striking ability, and of course, there is also Kata!

What a great opportunity to sharpen up your performance whilst building stamina

Again, this is a marvelous time to develop your flexibility! For me, at 75 ,I may not have the suppleness of my early years, but I can certainly try to regain at least some of it!



If I can offer more specific karate training advice, I would suggest that you look at some of the DVDs or Kissaki-Kai downloads, and pay close attention to the content where they spell out details of how specifically to improve your basic technique.

To give one example: I am continually urging students to deliver strikes and kicks 'From the Hips!' which is so important in delivering powerful blows.

Set yourself the task of working on maybe just one technique a day, and making it smoother and faster.

**Then, of course, there is always Kata!**



What an opportunity to revisit and polish old favourites or look at a Kata you may not be so familiar with. You can - once again - get plenty of detailed instruction from the Kissaki-Kai Kata DVDs or elsewhere on the web.

So, rather than bemoaning the difficulties, seize the opportunity to spend time on focused training - just for you!

When all this is over, and we are back in the Dojo again, you will certainly see the benefits of what you do now!

Now to another topic -

### **The Distance Learning Website**

Back in 2010 we launched a website aimed at helping those who wanted to learn about Kissaki-Kai but who were not able to visit a Kissaki-Kai Dojo.



Every month members could download an especially made video dealing with particular elements of Kissaki training.

One month would deal with the use of the vital points, the next with specifics of certain techniques (mawashi-uke, frisbee-uke, name-gaeshi etc.) which are the bedrock of Kissaki-Kai.

Each month a different topic was addressed in detail, and this lesson could then be taken to the student's non-Kissaki Dojo and practiced with other students.

Thus we were able to ensure a common area of knowledge and instruction, which is vital if a real understanding of Kissaki-Kai can be mastered.

This was quite a success and many students and instructors found it very helpful.

However, a while ago we had decided to re-vamp the website and had ended the monthly transmission of the training elements.

In view of the current situation, with the great difficulties being experienced in gaining regular instruction, we have put all the suitable content (the monthly downloads) onto a series of DVDs.

*Either three Double DVDs for each of the three years' course, or one 6 DVD set, comprising the complete 3 years.*

These DVD sets are available now from the international website [www.kissakikarate.com/shop](http://www.kissakikarate.com/shop)

Considering that the full 3 - year course cost some hundreds of Dollars / Euros - they are very inexpensive as we want to make them available to all, so you can have plenty of information to help you with your personal training.

**Each DBL DVD set is €35  
The 6 DVD complete set €85**

These are indeed difficult times. Personally we have lost all the income from our Holiday Let House ([soleilenfrance.com](http://soleilenfrance.com)) and of course it is impossible to present any seminars at the moment.

However, there are many people far worse off than we are, and we have 4 fantastic dogs to keep us busy and give us unlimited affection!

**can email me with your questions, and I'm thinking of offering a small prize for the most inventive -useful - funny Home-training video.**

So, get your cell phone cameras dusted off and let's see what you can come up with! You can post links to me on Face Book (Vince Morris) or by email.

I did try to set up a Zoom Cardio Karate session, but, unfortunately, the bandwidth here in the South of France is just not up to maintaining a consistent signal.

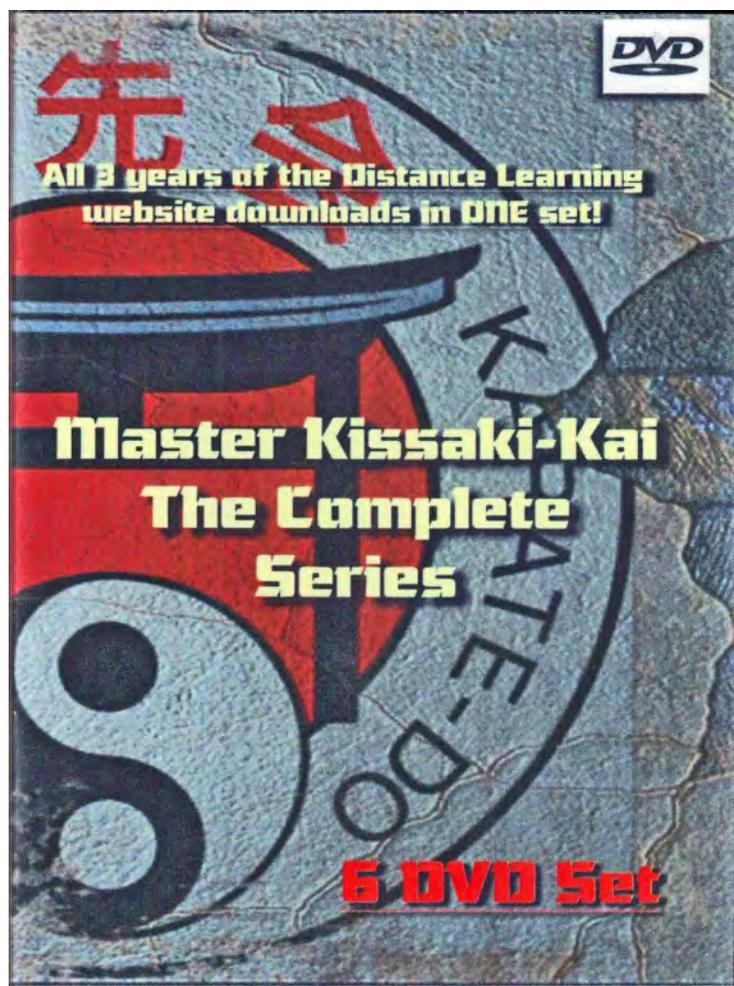
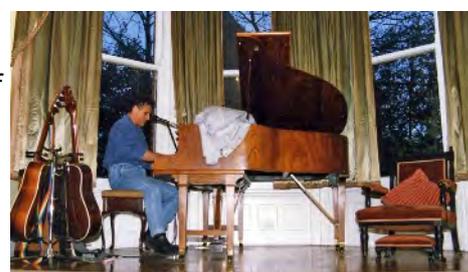
However, I haven't given up. I will shortly be videoing a shorter 15 minute or so session and posting it on Face Book from where you can download it or follow along with Eva, me and maybe a dog or two, who knows!

To end with, seeing as I seem to be marketing everything right now, don't forget that if any of you are thinking of reviving the ancient art of reading a book, there is a copy of my Novel 'Teartime' sitting here waiting for you!



So - Please stay safe and care for each other! It will pass!

Vince Morris April 2020 ©



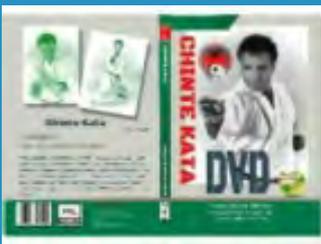
So, we are facing it with optimism and doing all the things we never had time for before.

(I'm growing a beard, for instance!)

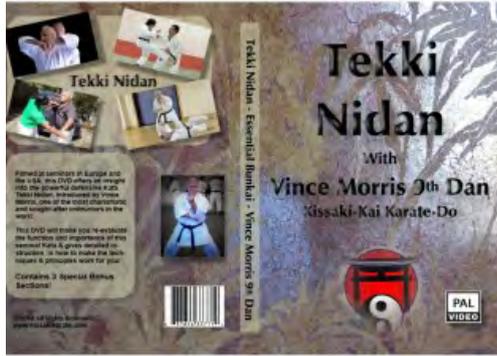
I'm also spending more time at the piano and murdering many fine Blues songs as you can hear on my music DVD if you want to be amused!

**Ok. Don't forget you**

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)



This DVD will make you re-evaluate the importance of this seminal Kata!  
Make it work for you!

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

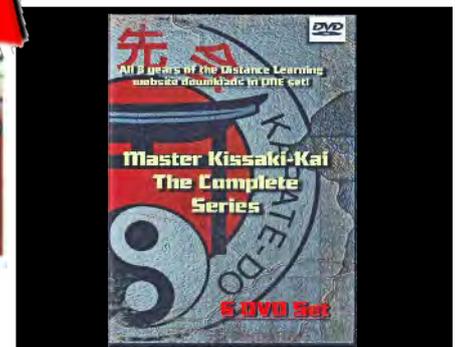
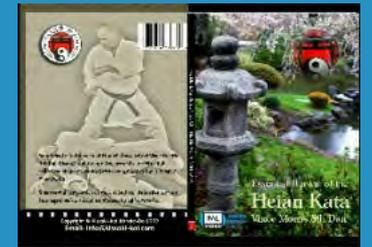
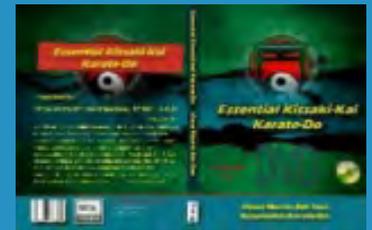
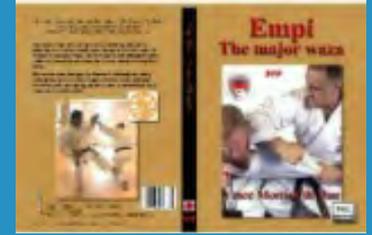
For years Kissaki-Kai offered an On-line, Distance-learning Website which, for a small sum, gave members monthly downloads of video training in all elements and levels of the basics which comprise the system.

Each session concentrated on some of the elements which make Kissaki-Kai special, going more deeply into exactly how to make the techniques work for you!

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



See FREE PROMOs of the DVDs on Youtube - Go to KISSAKIKAI and check them out .



Eva and I want to wish you all Good Health and - perhaps as important - Good Spirits! Use the situation as a challenge, not a set-back. Think about it - a Warrior's training is only useful in such times!

Support Kissaki-Kai  
24 tracks of music by  
sensei Vince - 10 Euros  
+ post.

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

## Parallel Lines

Look what you missed!

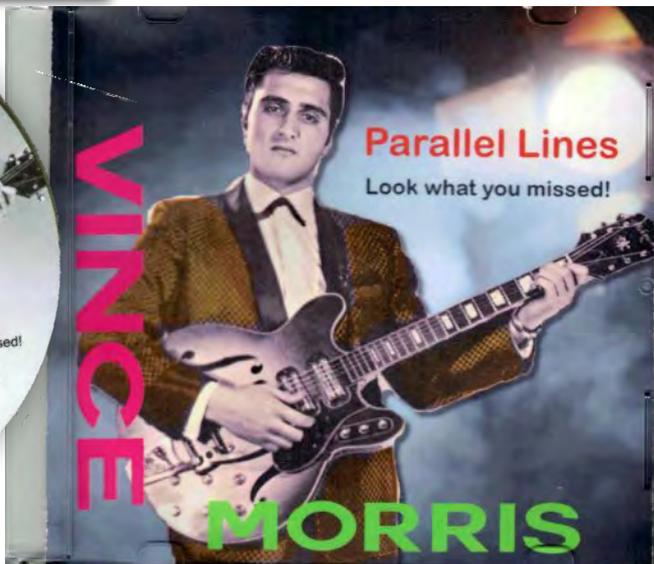
*Your Cheating Heart  
Blueberry Hill  
Young Dreams  
When it Rains  
You win again  
Walk you Home  
Tomorrow Night  
Teddy Bear  
So lonesome I could cry  
I was the One  
Mess of Blues  
Make it thru the night  
Love me Tender - new version  
Lonely Man  
That's all right Momma  
Doncha think its Time  
Blue Monday  
Loving You - original version  
Loving You - new version  
Steamroller Blues  
This Love of Mine  
I need you so  
The Best I Can*

VINCE

MORRIS



Music CD



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