

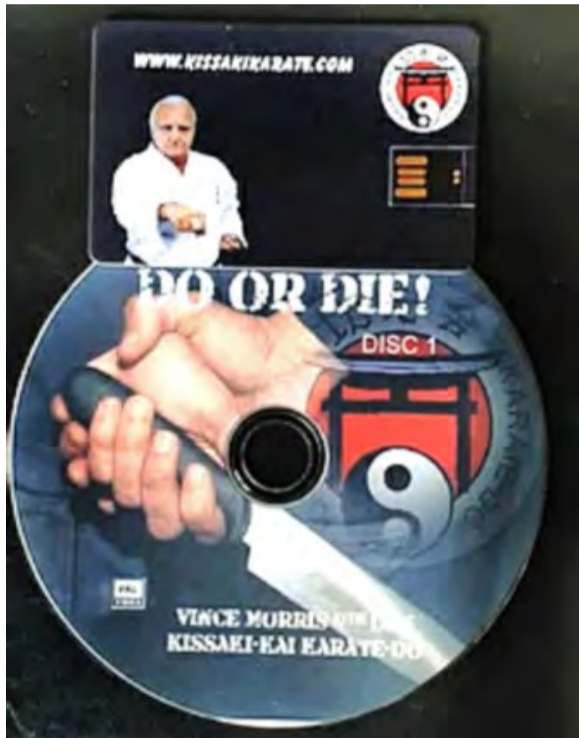


**Kissaki-Kai  
Karate-Do**

# Newsletter

July 2021

## Review



Hello

This is a special edition of the newsletter, based upon reviews of "Do or Die!" the latest offering on DVD and USB or aids to effective defensive training.

A number of senior martial arts instructors have taken the time to study and review the content, and I wanted to give you all the opportunity to benefit from their observations.

First of all, I want to address why you might find these reviews helpful: because the objective of this DVD / USB set is quite different from the regular sets I produce. In these regular editions, I usually take one Kata as the main theme, and then explore some of the major Bunkai of the Kata.

Now, because I always try to adhere to the premise that the original formalizers of the Kata

were concerned to create and catalogue

waza which would be effective in self-defense situations if studied, understood and frequently practiced, I chose to explain and demonstrate those waza which seem to me to be most appropriate in serving that requirement.

This has always meant that I have discarded the more fanciful or the less genuinely effective in combat!

However, I came to understand that certain Kata and the techniques within them were perhaps more suitable to different types of student.

Master Funakoshi himself noted this fact and ascribed certain Kata to certain body types.

*"Shorei-ryu is suitable for people of large build, whereas Shorin-ryu is suitable for those of smaller frames, less physically powerful or thin, like a willow. For basic posture, Shorei-ryu is good, but it lacks the speed necessary for a real confrontation. Shorin-ryu is quick, but if the practitioner is grabbed, they will be unable to move. Therefore, for those who aspire to practice karate, it is important to pick up the good points of each."*  
(Funakoshi 1922, pp. 5-6)

Bigger, heavier, less mobile students may prefer the more strength dependent Kata and techniques; whereas the

slighter-built but more mobile student might lean towards the quicker execution and greater movement of others.

Students can, of course, simply 'Mix and Match' in creating their own personal small arsenal of dependable techniques which they can depend upon working for them!

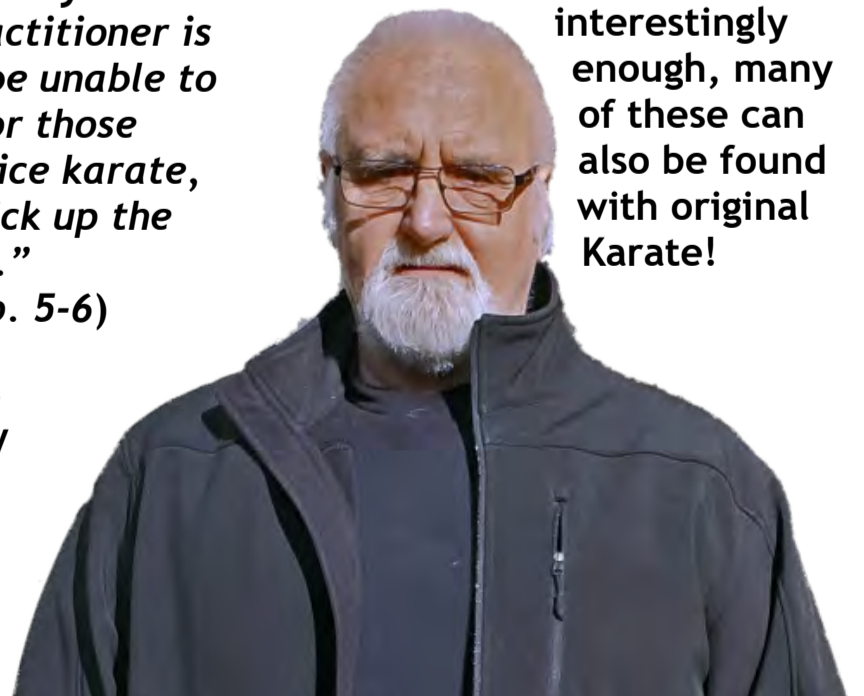
Now this view has been disputed by some teachers - In 1930, Chojun Miyagi - for example.

However, in my long, more than half a century of training, I still feel that Kata like *Empi* for example, appeal to a more nimble exponent than, say *Bassai Dai!*

That being said, I also hold the view that there are many excellent defensive waza in a number of very different Kata and in this production I decided to ignore the choice of Kata and go directly to selecting techniques which would be effective regardless!

Indeed it also follows that other martial systems also have effective techniques of their own - and -

interestingly enough, many of these can also be found with original Karate!



So, having given a brief introduction to how this is a somewhat different approach, take a look at the considered responses to one or two of the reviewers.

### Review of 'Do or Die'

*Warning: If your art does not include training to deal with violent and dangerous situations, it is a sport and not a defensive art. Fix It!*(Shihan Vince Morris 2021)

Two schoolboys in their teens get ready to fight, egged on by their peers. One of them gets the first punch in, momentarily stunning his opponent. Then he brings his opponent down to the ground. Not long afterwards one of the opponent's mates walks up and almost casually kicks the guy who got the upper hand straight into the face. He is knocked out for a few seconds and is roughly dragged off his opponent. When he comes to he starts to scream in pain.

This clip is repeated three times. No caption is put up on the screen. It's not needed. The lesson is plainly obvious ... never willingly bring a fight to the ground.

"Do or Die", the latest DVD from Shihan Vince Morris 9th Dan, cuts straight to the chase. Violent attacks are ugly. Dealing with violence is a far cry from the beautifully choreographed sequences of a Hollywood Blockbuster. It has to be simple, it has to be effective and it has to end the danger as quickly and effectively as possible. Or as Shihan Morris puts it in his introduction to this Double DVD set, "Study carefully; there is no second chance on the street!"

The DVD takes on various aspects of how violent attacks take place, and lays heavy emphasis on how to deal with attacks with weapons. The DVD switches between clips from selected seminars with Shihan Morris, to small snippets of advice from other trainers. Each section is punctuated with CCTV and mobile phone footage of violent incidents. This is not easy viewing, but it is an absolute necessity given how serious the subject matter is.



The first weapons on the agenda are baseball bats and sticks. Having witnessed a riot in the early 1980's, this is one I could relate to. Shihan Morris' statement on the DVD is, "Learn from life – learn from looking." I know I did. Rioters who attack policemen can very quickly turn the pole holding up a flag or banner into an arm breaking weapon. The signature Kissaki-Kai technique of 'Frisbee-Uke' is introduced and how it can be used to smother the attack and disarm the attacker.

Frisbee-Uke can also be implemented to successfully stop swinging punches or 'haymakers'. The DVD cleverly moves straight onto this topic, which gets to some key points of the Kissaki-Kai curriculum. The usage of the 'lung 5' nerve points on the arms and manipulating the triceps to one's advantage are looked at in some detail, which is crucial information. We get our

first glimpse of an important theme repeated throughout this DVD. "You can only fight the way you practice." All the information on this DVD set is only as good as how it is put into action in your training.

The DVD takes a very welcome diversion into the usage of devastating techniques. Shihan Morris points out how to perform a liver shot, which is not commonly shown in the karate world, but is a key target in MMA and boxing. Hitting the brachial plexus is also looked at, as is usage of the rear naked choke hold, head-butts, poking and slapping weak points on the human body.

The DVD moves on to introduce defences against knives and firearms. Shihan Morris sounds a note of caution about the defence technique for one common knife attack in particular, stating honestly that no self-defence technique is a 100% guarantee of personal safety. At the same time Shihan Morris puts a heavy emphasis of how to act in a compliant way to fool an attacker into believing he / she has the upper hand, while pointing out a key rule of combat, "You never fight by the enemy's rules".



On the second DVD a deep dive of both knife and firearm attacks takes place. There is also a good look at ground-fighting. I was delighted to see clips from Shihan Morris' seminars of Chin-

Na or skin-ripping techniques, which are brutally effective in close quarters encounters. The reactions from the volunteers at the seminars only serve to underline why this aspect of close combat is so important.

My verdict: This is quite simply the best DVD out there on this subject. Shihan Morris has done an excellent job of underpinning displays of what happens in the street with training clips rich with crucial self-defence information. He does not shy away from showing how other trainers approach key topics. Although the subject of this DVD is (quite literally) deadly serious, Shihan Morris' sense of humour shines through on several occasions, which lightens the atmosphere of what is sometimes challenging viewing.

I would recommend anyone viewing this DVD to pick up a copy of Shihan Morris' book "The Rules of Combat". These rules are referred to often during the DVD and would provide the viewer with strong reference material for future training.

Shihan Morris has often stated that one should train for what is most likely to happen. In a martial arts world where 'reality based training' has become the latest buzz word, this is sage advice.

Shihan Morris' Kissaki-Kai system has been around since 1993 and is to my mind the ultimate source for the right approach to self-defence. This DVD / USB set only reinforces this belief and will be used as a source in my training for many years to come

Peter Russell. 3rd Dan German Karate Association.



**IS THIS SPECIAL EDITION NEWSLETTER JUST A BLATANT ADVERT FOR THE LATEST DVD / USB SET? DAMN RIGHT IT IS!**



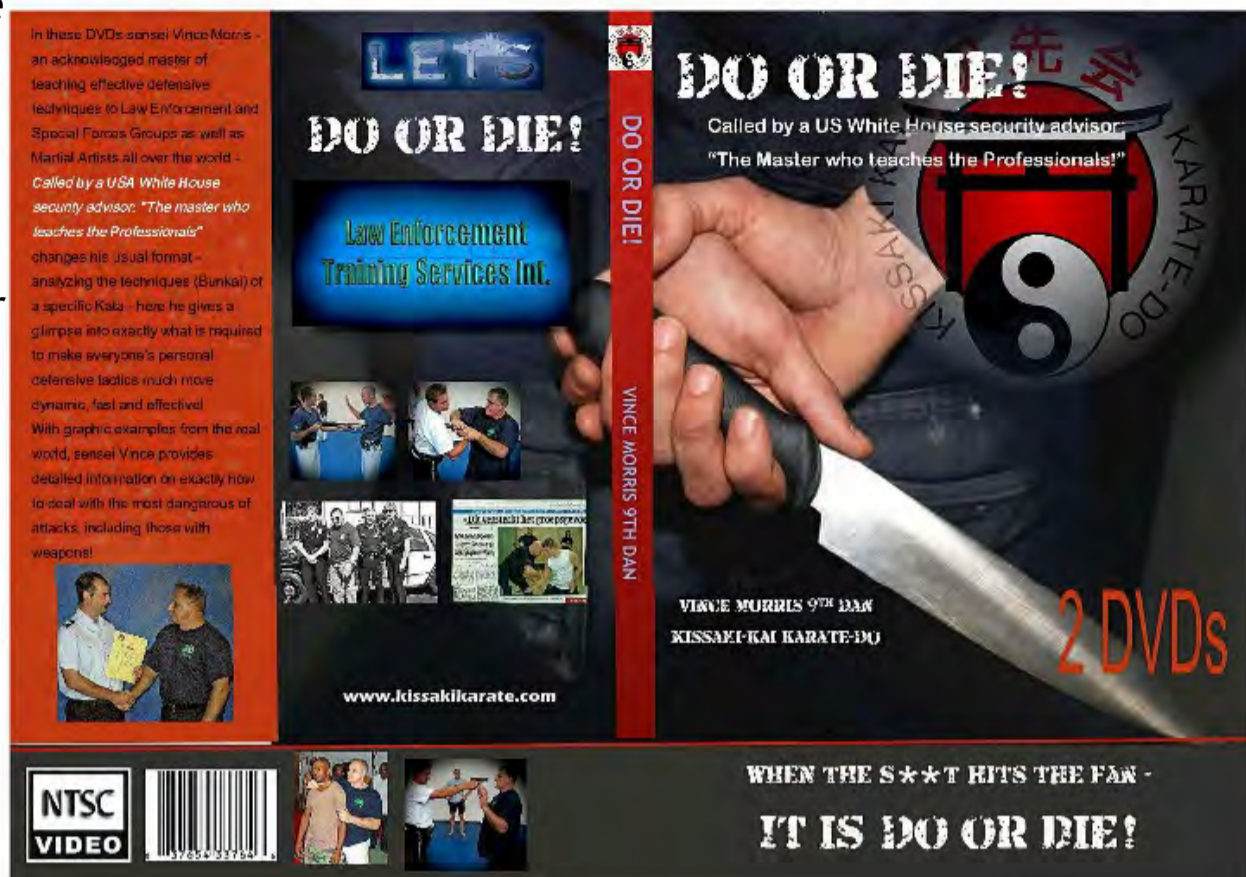
**Clips from Video**

You will be constantly aware of references made to the vital importance of what in Kissaki-Kai are termed: 'The Rules of Combat!'

Many martial artists consider this book to be of utmost importance in setting out 'Rules' - much like in the 'Art of War' - but set out directly and clearly, with no ambiguous metaphors.

Based entirely upon real warrior experiences and medical and psychological hard-earned knowledge, these 'Rules' are simply there to remind the martial artist of what is truly important in executing defensive techniques and tactics which will lead to a successful conclusion.

Make sure you utilize these tactics to empower your defensive abilities!



In this 'Do or Die!' USB & DVD set, sensei Vince Morris - an acknowledged master of teaching effective defensive techniques to Law Enforcement and Special Forces Groups as well as Martial Artists all over the world

- Called by a USA White House security advisor:  
**"The master who teaches the Professionals!"**

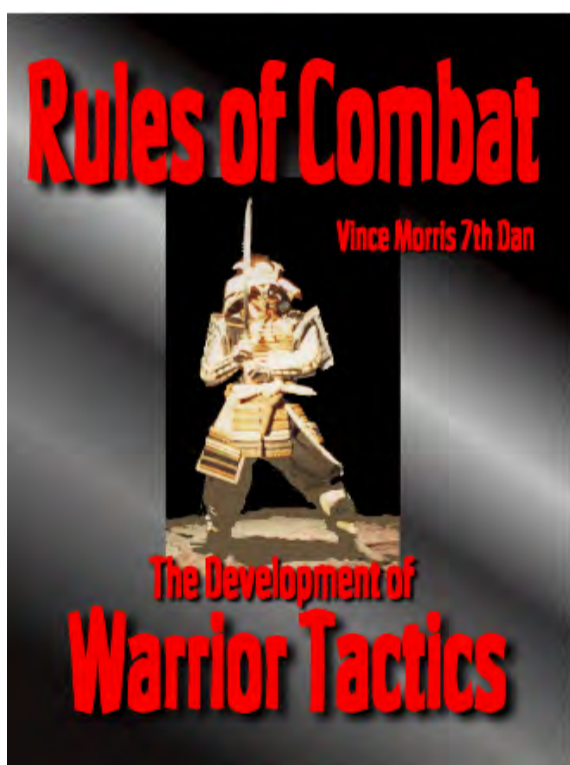
- changes his usual format - of analyzing and explaining the techniques (Bunkai) of a specific Kata - and here gives an insight into exactly what is required to make everyone's personal defensive tactics much more dynamic, fast and effective in the real world!

With graphic examples. a long way away from the safety and control of the Dojo, sensei Vince provides detailed information on exactly how to deal with the most **dangerous of attacks**, including those with weapons!

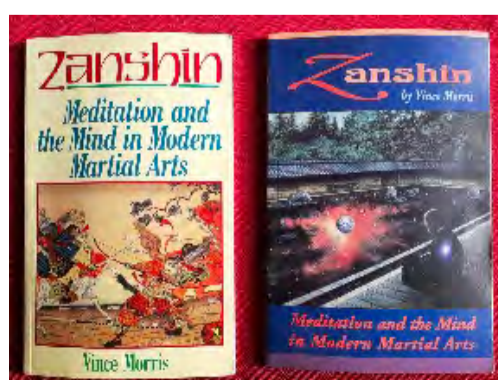
Using clips from Law Enforcement and Social media including many from Police Training seminars and Kissaki-kai seminars you get a detailed look at how techniques should be executed, as well as why they should be done that way.

As usual, sensei Vince has his own inimitable way of presenting knowledge and fun combined with ruthless reality!

Deliberately going over important techniques until understanding is achieved, means you cannot help but become more effective in Reality, not Ritual.



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



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)



When survival is at stake -  
Learn how to make it work for you!

USBs and DVD Set

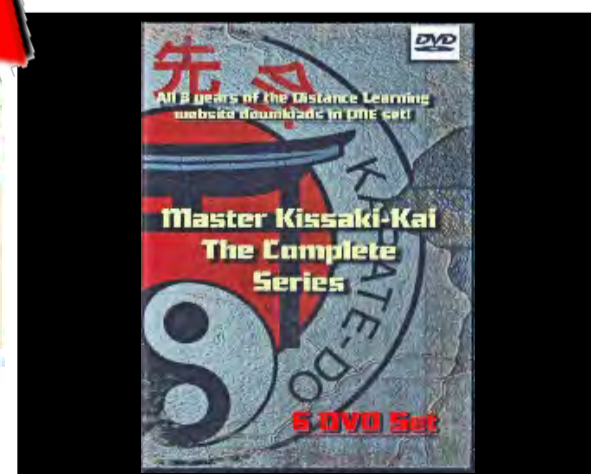
[www.kissakikarate.com/shop](http://www.kissakikarate.com/shop)

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! The end of Covid restrictions may be in sight, and we look forward to meeting and training with you all again soon! Remember to check out the Vince Morris Facebook page!

# KISSAKI-KAI INTERNATIONAL WEEKEND SEMINAR

[WWW.KISSAKIKARATE.COM/CALENDAR](http://WWW.KISSAKIKARATE.COM/CALENDAR)

## Kissaki-Kai Karate-Do France



### Valuing the Original Purpose of Martial Arts

We uphold the values and principles of the original purpose of the martial arts; to empower members with the ability to defend themselves, their families and the weak, and to foster the development of steadfastness, courage and integrity.



#### Contact details

- For general questions and to reserve your spot: [eva@kissaki-kai.com](mailto:eva@kissaki-kai.com) , Mobile: 0033 (0) 6 44 81 00 02
- For training and grading questions: [vincemorris@kissaki-kai.com](mailto:vincemorris@kissaki-kai.com)
- Local contact / registration without accommodation: Sensei Nathalie Troitin (Meiyo Béziers Karate)  
Tel : +33 (0)6 86 97 84 28

#### Accommodation

- self-catering accommodation in La Caumette on request.  
€25 per person per night (single rate may vary)

#### Other nearby options:

- self-catering : [Campotel, Boulevard Jean Moulin, 34600 Bédarieux](http://www.herault-tourisme.com), +33 4 67 23 30 05, - [www.herault-tourisme.com](http://www.herault-tourisme.com)
- [Hotel de l'Orb, Parc Phoros, Route de Saint Pons, 34600 Bédarieux](http://www.hotel-orb.com), +33 (0) 4 67 23 35 90 - <https://www.hotel-orb.com>

#### Local airports by distance to Faugères

Béziers (35 mins), Montpellier (1hr), Carcassonne (1.5hrs), Perpignan (2hrs), Toulouse (2.5hrs), Barcelona (3hrs)

Please do not forget to send us your flight details / ETAs once you have them.

Kissaki-Kai Autumn Camp in France with the  
Meiyo Béziers Karate Club  
17, 18 and 19 Sept 2021

**Training: 100 Euros for the weekend - 35 Euros per session**

**Some self-catering available in La Caumette, also local Bedarieux Air B&Bs**