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TWO KISSAKI-KAIs



Asano Sensei

Kissaki-Kai came into being after quite a long process of disquiet with the type of training I was involved in with my teacher Asano sensei (primarily) in the Shotokan style. I had spent years in the Honbu Dojo trying my hardest to master both the difficulties and challenges of the techniques themselves and the pressures imposed psychologically of training in this hothouse of sweat and facing personal fears and difficulties.

One of the major causes of my concern was the disjunction between what I knew from personal experience and observation of what happened in many street attack situations, and what was practiced in the Dojo, ostensibly to develop our abilities to deal with such situations.

In particular, I was bothered by such things as the way attacks were always made from a long distance and in a low

zenkutsu-dachi stance. I rationalized this by positing that this would change after techniques had been initially practiced slowly and then proficiency had been **gained. It didn't, however.** Or rather, the next step was both Uke and Tori practicing from a shorter, but always the same, Ju-dachi stance. Somewhat more realistic, but still very stylized.

It wasn't simply the attacker's stance that troubled me, it was also that the defender was encouraged to begin from an unnatural and inappropriately named 'Ready' (Yoi) stance with the hands down by the sides. Absolutely as far from 'Ready' as could be imagined.

Of course, as our skills developed, we became very good at attacking and defend-

ing as fast as possible, and there was no doubt that with this training, plus regular Ju-kumite, our fighting skills increased dramatically. But this was not so for everyone! The top - most athletic and aggressive in the Dojo fared rather better than those who - for one reason or another - just **couldn't make the same advances.**

Now, in the years when I was mainly concerned with increasing my Kumite skills, it seemed natural that some people **were simply 'better**

of combat, bounded by rules which debarred the use of many extremely important techniques of self-defense. With my Judo background, for example, I was continually grabbing opponents and applying throwing techniques which earned **me a 'slap on the wrist' as they were not allowed in Shiai.** In the nature of things, these vitally important techniques were either not practiced or relegated to **the 'unimportant' pile.**

Now, although I was never the best in the



Why Kissaki-kai?

- * Kissaki-Kai teaches effective defensive karate
- * Kissaki-Kai promotes reality in training
- * Sport & Fun are not forgotten!
- * Family atmosphere
- * No Politics
- * Not Style dependent.
- * Recognized world-wide
- * International Dojo



The Honbu 'A' Team

fighters' than others, within the boundaries imposed by the rules of competition. Later, however, it was apparent to me that what we were learning was a sport form

Dojo, I eventually became a consistent **member of the 'A' team** and managed to win a few British medals in both Kata and Kumite and even got selected and



fought for the full British Universities' squad. The more that I reflected on the problem, and by this time I was also concerned that my researches had shown that originally the old combat forms made great use of the so-called 'Vital Points' of the human body, the 'Kyusho', to enhance the effectiveness of the defensive techniques, but no attention was paid at all to this aspect in regular Dojo practice, the more uneasy I became with simply continuing the same very basic, unrealistic, forms of training.

Time went on, and I had begun to experiment with forms of training which more closely matched the reality of street situations. I also delved further and deeper into the history of the martial arts in both Okinawa and Japan, which convinced me even more that the Shotokan we were training in, powerful a sport though it certainly maybe, it was really very different in form and in purpose to that defensive combat art which had developed out of the need for personal protection in China and latterly, Okinawa.

To cut a long story short, I found that my forays into this field evoked two distinct responses: "Please show us some more, as we have also been worried about the basically sporting nature of what we are learning!" and "Why should we change anything - it's all perfectly fine as it is and our Japanese teachers should not have to answer our questions!"



Explanation of Kata Bunkai

This carried on for quite a time, but came to a head when Asano sensei turned me out of the Dojo one day!

He had upset a number of the yudansha-ka in the Shotokan Karate International by his autocratic behavior, and these black belts had turned to me to try to mediate with sensei and explain to him that all was not well. That turned out well!

Anyway, much as I will always respect Asano sensei (and I owe him such a lot) I was forced to make the choice of either going back to the Dojo (as he had requested) or going on my own. I chose the latter.

There is a whole book here about the time I spent in Toyakwai - a great London-based group, and then helping my good friend and team member Aidan Trimble (Only Caucasian Karate-ka to have won the SKI Kumite world championship in Tokyo) to set up the Federation of Shotokan Karate.

In this period I also helped establish the English Karate Federation, and FEKO

whilst also serving as chairman of the Martial Arts Commission - a much maligned body which served a very worthwhile function. **One day I'll reveal all!**

Anyway, to the point. It had become obvious to me by this time that what was being taught as Shotokan Karate covered only a small part of what was originally considered to be necessary in a complete defensive system. My Judo background came in helpful here as I could easily see aspects of Kata (and opportunities in Kumite) for throwing techniques, Joint-locking techniques, chokes and strangles and so on. Plus the years I had now spent on researching the real use of Kyusho (as opposed to the not-reliable or dubious uses) became increasingly important as I could see how using them judiciously would enhance the defensive techniques.



Special Forces edged weapon defense training

On the way, I learned that such concepts as 'Chi' or 'Ki' were essentially unnecessary (if not outright fictitious) and that it was far better to place reliance upon understanding human anatomy and physiology and concomitant flinch-reflex reactions than upon smoke and

mirrors. (Consider the fate of thousands in the Chinese 'Boxer Rebellion' who placed their trust in Chi Gung to protect them from bullets, but who died in their thousands.)



Early days Ippon Kumite with Sode sensei - my University Dojo

So, eventually, following pressure from others, I started Kissaki-Kai Karate-Do. Not something I ever wanted to do, I might add.

I had the opportunity now to set out my ideas of what a complete defensive art should encompass, and eventually settled upon the five levels of training: 1. Atemi-waza - Vital point striking - punching and Kicking etc. 2. Ne-waza - Groundwork, grappling. 3. Nage-waza - Throwing techniques. 4. Shime-waza - Choking techniques. 5. Kansetsu-waza - Joint Locking and control Techniques.

It turned out, however, that in itself, this was not enough. It was not necessary to add more to the syllabus, but to change how the syllabus was actually



taught! Syllabus may, indeed, be the wrong word, as originally the master would know students individually and ensure that each learned the techniques (from the 5 levels above) when and in what order seemed appro-



Lecturing in Tactics - Police Academy

priate for each student. This obviously changed when the numbers of students increased, and also when it was not possible for any student to train regularly with the master and needed an 'aide memoir' to remind him



Anti-Terrorist Training

of what to practice.

Certain aspects of training: stepping directly backwards 5 times in the face of an attack. Always pulling the non-punching hand away from the guard position, always beginning at long range with the hands in no position to protect the head, continually attacking from low karate positions and stances, using long karate techniques, having multiple attackers only attack by

rote... the list seemed endless.

In the end, I turned again to research; not just of early martial arts, but of police and military records of combat, criminal assaults, rapes and murders. Eventually, it became obvious that I had to provide not just the physical elements of combat, but the 'Rules' of combat. Which is

how the name came about. Logic and common sense, added to historical analysis plus modern medical knowledge of the actions and reactions of the human mind and body under stress coalesced into the very 'Rules of Combat' which underpin all forms of human combat, and which - if applied correctly - can greatly enhance the successfulness of any encounter.

So, what began as a perceived problem, the lack of a defined syllabus - has actually turned into an asset, as - although it is of course important to know how to block, counter, body-shift, attack and so on, it doesn't matter at all within which particular style one achieves this. Certain 'signature moves' of Kissaki-Kai are important, the mawashi-uke block, use of distraction wa-



Individual Training - Kata

za, the inner-thigh snap kick, the 'Frisbee-uke' block and so on, but these can all be mastered outside any 'Style' syllabus, and without any recourse to the study of Kata, and close-range combat skills also do not require such knowledge. As master Funakoshi himself wrote in his 1938's *Karate-Do Taiken*: "It will not do to be hampered or shackled by the rituals of Kata.." Of course, those who wish to master the fullness of the art will appreciate that Kata afford not just vast repositories of defensive waza, but also training in other aspects

(individual practice, movement, concentration, aerobic capacity, different combinations) and so on.

However, if one simply wants an effective, fairly easy and quick to learn defensive techniques, as long as the 'Rules of Combat' are applied, it is perfectly acceptable to construct one's own training regime.

This, basically, is where we are today. The very success of Kissaki-kai has brought about two Kissaki-Kai. One, which although not a 'style' *per se*, allows the principles upon which it is built to be added to any combat art, and thus allow the student to continue to develop within the structure, system or Style of the art, and the other being what turned out to be the 'Law Enforcement Services' type of training which does not depend upon any other style or martial art at all.

Many years ago, when I began my long association with Law Enforcement, it became immediately obvious that such elements as years of repetitious training in basics, and in Kata (the 'soul' of the martial arts) was not only not possible, but completely unnecessary! The officers I was responsible for had not time, nor the inclination (in the main) to train in the martial arts; they just needed a few effective techniques which would save them in a bad situation and

LETS



LETS Training Seminar

generally aid in the arrest and control of the bad guys.

Again after years of research, the Law Enforcement Training Manual'

underpinning the martial art training, but without requiring the depth of knowledge or the degree of training. The very fact that



LETS Training Seminar

came into being, and programs were devised, tested and implemented which significantly benefited the officers taking part. Few, if any of these, had any other martial arts experience. The principles and techniques involved were (and are) exactly the same as those

Kissaki-Kai is a principle-based system allows it to function this way.

On the other hand, this has led to an element of misunderstanding amongst those who become frustrated with **in the martial 'Ryu' and who don't understand that many karate-ka actually are**

happy to devote their lives to training in an art which is so challenging and contains so many elements other than just the directly functional combative (Kata for example). Some much prefer to hit bags and pads and develop scenario training almost to the exclusion of other aspects.

Many of the DVDs I have produced are based upon demonstrating the practical defensive nature of the techniques within the Kata,. This greatly aids those practicing the karate styles to understand and train more effectively.

Frequently, the seminars I present also reflect this Kata element. On the other hand, I am now going to produce DVDs and present seminars which depend upon no prior knowledge of the combat arts, but which show the **'Rules of Combat' in a variety of applications** suited to the type of attack involved and the sex, size and capabilities of the defenders. These are essentially the Law Enforcement Training scenario based drills which have been modified from those reserved for Police and Special Forces and now made available to interested students. One might term **this: "Kissaki-Kai Goshin-Jutsu"** - the Kissaki-Kai Self-defense system.

My own training continues, with my interest still in mastering my art - however, it is now a much broader



**Vital Point Demonstration
LETS Training Seminar**

and deeper art than the one I began with. But - I have always advocated building **one's own personal 'six-pack'** of reliable, defensive techniques which should be practiced over and over again (your own Kata, so to speak) and always insist upon as much reality in training as is possible with safety. If you want to step out of the Ryu format, please do so - just understand that although we all share the same principles underlying the defensive combat, there is more than one way of applying these principles.

This is actually one of the great assets and strengths of Kissaki-Kai and just adds even more levels of interest to the available training methods!

Good Training! Vince Morris.

New Video series on Facebook! Kissaki-Kai One Minute Dojo Short examples of Kata bunkai explained and training advice to increase your combat effectiveness and understanding.

See them free on sensei Vince's Facebook page - go to: 'Vince Morris.' Also on www.kissakiusa.com



Forthcoming Seminars

Seminar in BELGIUM 26th of September

PRACTICAL KARATE AS AN EFFECTIVE SELF DEFENSE SYSTEM

The seminar will be taught by VINCE MORRIS (8th Dan, Kissaki Kai) and Guy Janssens (7th Dan, Kissaki Kai)

Address of the event is Sporthal Latem - Deurle, Hoge Heirweg 46, 9830 Ghent (Sint-Martens-Latem), Belgium.

Saturday 26/9 9-12:30 & 13:30-16:30. Seminar fee: €20 (half day) €35 (full day) (Kissaki-Kai members) and €25 (half day) €40 (full day) (non Kissaki-Kai members)

Contact: boris.deraeve@kissakikai.be tel. +32(0) 496 574 865.

UK seminar 17th and 18th October

Saturday 17th October will be held by Vince Morris, 8th Dan Kissaki Kai, at the Cavendish Sports Centre, Eldon Rd, Eastbourne, East Sussex BN21 1UE, 1-5pm - Real applications for personal defense.

Sunday 18th October Don Came, 7th Dan Kissaki Kai, will hold a seminar on Flow Drills at the Karate Academy, Unit 2, 4 - 10 Cornfield Lane, Eastbourne, BN21 4NE, 12-3pm. Spaces for this are limited.

Contact: tel. 07952 670 349 or Email: appliedkarate@gmail.com

Fall Camp in Michigan, USA, 7th and 8th November

Contact: Jerry Bomay, 5th Dan and Phil Oakes 5th Dan Kissaki Kai for full details - **Dojo:** 490 Quarterline S.E. Newaygo, MI 49337 USA

Phone: 231 652 2556

Website: www.bassaikarate.com

Email: bassai@riverview.net

See us on

facebook

Contact us if you would like to host a seminar in your own Dojo, in Europe or in the USA. It will not impose any financial stress, and we will work with you to ensure it is a success. Email us for details at ~ info@kissaki-kai.com



2014 seminar in Belgium

Books, DVDs, & Pads - order from www.kissakikarate.com



Chinte Kata

The essential bunkai of the kata 'Chinte' - 'Strange' or 'Unusual' hands. Chinese in origin, this kata is a toolbox of rapid and effective defensive methods of countering a variety of commonly occurring attacks. Long-time denoted as a female defensive kata, it contains many examples of vital point centered techniques, demonstrated by one of karate's most acclaimed and respected sensei. The principles of self-defence should be studied by all karate-ka. Over an hour of instructional video. \$45 NTSC (USA) €29 PAL (Europe)

Genesis of Kissaki-Kai - Set of 4 DVDs

The Genesis set is a re-mastering of seminar samplers 1,2,4 and 5, charting the development of Kissaki-Kai Karate-Do: These 4 DVDs, recompiled from the earliest seminar videos, analyze and demonstrate the use of Kyusho points, the Flinch Reflexes, the 'Frisbee-uke' - the 'Rules of Combat' and much more. See how the application of research and logic altered the perception and practice of Kata Bunkai! The quality is not as good as current DVDs but the content is important! \$50 NTSC (USA) £33 PAL (Europe)

The Secret Art of Pressure Point Fighting: Book & DVD-combo

Martial arts lore tells of masters who possessed a mysterious ability to defeat an opponent with a single perfectly placed blow. This book transforms the ancient legend into a modern reality - an anatomically based fighting and self-defence system that allows a small defender to defeat a larger attacker. - Over 300 step-by-step photos show each point and strike.

\$28 NTSC (USA) £22PAL (Europe) DVD shows detailed action and more than the book.

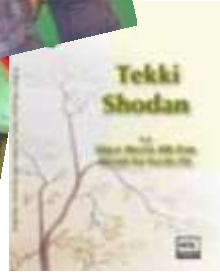
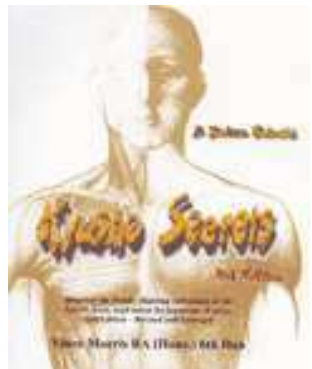
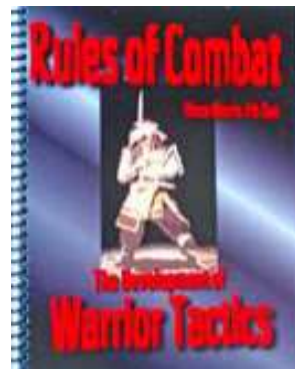
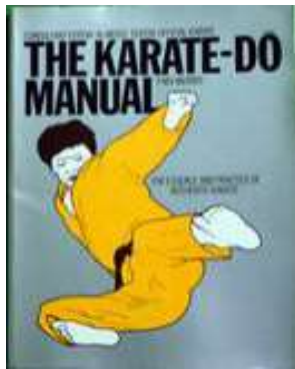
Essential Kissaki-Kai Karate-Do - Double DVD

This set is giving detailed instruction in the 5 levels of Kissaki-Kai Karate-Do: Atemi-waza, shime-waza, nage-waza and kansetsu-waza. A masterful compilation of real, effective, defensive combat techniques which should be studied by all karate-ka wishing to gain a full understanding of this defensive art. Based upon the 3-year distance learning program, but including much new material, this DVD set is an invaluable insight into how to make karate truly effective. Shin-ippou Kumite, the 'Rules of Combat', the use of Kyusho points, the flinch reflexes, the 'Frisbee-uke' - and much more is covered here!

\$45 NTSC (USA) £29PAL (Europe)



Go to the website shop to see all the books, DVDs and other items available (T-shirts, Protective pads etc.)



Available now from: www.kissakikarate.com/shop.htm