



社団法人
日本空手協会
JKA Karate East Lothian

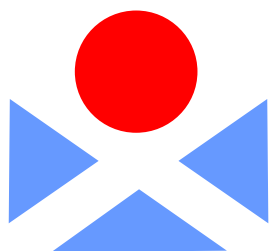
JKA Karate East Lothian



JKA 社団法人 日本空手協会
JAPAN KARATE ASSOCIATION
The Keeper of Karate's Highest Tradition

MUSSELBURGH

NORTH BERWICK



JKA SCOTLAND
日本空手協会

JKA Karate East Lothian has been established in Musselburgh for over 23 years, training in the art of Shotokan Karate-Do and is located within Queen Margaret University. Sensei Bert Stewart has been training in the discipline for over 47 years and under his leadership students have enjoyed success at National and International level and are presently competing for the National Squad.

Sensei Stewart has competed in international tournaments and is an accredited judge of Kata and Kumite contests. He is a qualified grading examiner for students up to 1st Kyu level and currently has the honour of being the National Squad Manager.

Just over 14 years ago JKA Karate East Lothian opened its second dojo in North Berwick, which is now located in North Berwick Sports Centre, Grange Road, North Berwick. The local knowledge of Sensei Paola Burrows and Sensei John Lunn and their friendships in the community have greatly contributed to the ongoing success of this relatively new dojo.

Anyone can practise karate. JKA Karate East Lothian Club is open to students of all ages and abilities and welcomes family groups and individuals equally. The only requirement is a commitment to work hard and train patiently. All instructors are Enhanced Disclosure Scotland cleared. Classes are held for families, kids, adults and ladies only. Anybody wishing to join can turn up at one of the training sessions or email for further information.

Tiger Cubs is a club specifically designed to introduce children aged between 4-7 years to the art of Shotokan Karate-Do and is currently operating at Musselburgh and North Berwick. Parental presence is required at these sessions, email Bert Stewart for further details.

www.jkakarateeastlothian.co.uk
email: bertstewart@jkakarateeastlothian.co.uk

Instructors: Sensei Bert Stewart 5th Dan JKA
Sensei Liam Garrett 2nd Dan JKA
Sensei Stephen Fraser 2nd Dan JKA

Assistant
Instructor: Sensei David Osborne 4th Dan JKA

The following pages are an explanation and reminder of terms and techniques taught in the Dojo. They are not a substitute for training. You are welcome to attend training at any time and allowances are always made for your level of expertise. However, you will not be allowed to grade to a higher belt unless your instructor deems you to have attended the requisite number of training sessions.

www.jkascotland.com



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General Information

Karate-do-the way of the empty hand. Karate originated hundreds of years ago in Okinawa but was greatly influenced by an even older tradition from China. It is a system of self-defence that uses no weapons.

Karate for everyone

As with all exercise you should inform your sensei of any health problems before the start of the session.

You do not need to be in excellent physical shape to start karate. Karate will gradually improve your fitness as you progress, your starting point is less important than the effort you put in along the way. The traditional focus on basic techniques and correct form make it easy for beginners to train with more experienced students yet still progress at their own level of fitness and expertise.

Karate for children

To avoid the possibility of injury, kumite (sparring) is not allowed for our Tiger Cubs. Instead children perform prearranged movements, comprising of a set of techniques performed at a safe distance. This ensures the competitors know exactly what is expected and there is no chance of contact.

Karate is not only a fun way of learning self-defence but also provides many important benefits. It builds concentration, focus, clear thinking and decisiveness. It helps to instil patience, discipline, perseverance and of course creates physical improvements and a high level of fitness.

JKA (Established 1949)

With members in over 100 countries, the Japan Karate Association (JKA) is the world's largest and most prestigious karate organisation and the only legal karate entity officially recognised by the Japanese Government as an association of members for the promotion of karate.

More importantly JKA are The Keeper of Karate's Highest Tradition, the preserver of the soul and spirit of the art of karate.

JKA's mission is to promote the way of karate throughout the world, while ensuring that it remains true to the philosophical precepts upon which it was founded.

The foundation of JKA karate is the balance of Kihon (basic technique), the Kata (forms) and Kumite (sparring). All technique, speed, strength and progress rest upon these three precepts and they must be studied as one.

The JKA puts an immense focus on the proper form and balance of each Kihon (basic technique). Through extensive training and repetition each movement in each Kata has been separated out and analysed. Using Kihon techniques the Kata has been refined to be more applicable in Kumite which then feeds back to Kihon. In this way, Kihon, Kata and Kumite form the inseparable trio of JKA karate



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Training Sessions

Fees: £5.50 Juniors/£6.00 Seniors per class

Discounts for pre-paid lesson block and monthly standing order.

Musselburgh

Musselburgh Dojo
Queen Margaret University
University Drive
Musselburgh
EH21 6UU

Tuesdays and Thursdays	7.00pm - 7.35pm	kids - under 12's
	7.55pm - 8.30pm	over 12' s

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Sensei Liam Garret, 2nd Dan JKA

Assistant Instructors: Sensei David Osborne 4th Dan JKA
Sensei Stephen Fraser 2nd Dan JKA

email: bertstewart@jkkarateeastlothian.co.uk

North Berwick

North Berwick Dojo
Sports Centre
Grange Road
North Berwick
EH39 4QS

Mon:	7.00pm - 8.00pm 8.00pm - 9.00pm
Wed:	7.00pm - 8.00pm

Instructors:

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Sensei Stephen Fraser 2nd Dan JKA

Assistant Instructors:

Sensei David Osborne 4th Dan JKA

email: bertstewart@jkkarateeastlothian.co.uk

Licence/Insurance forms: New £28 / Renewals £20

All students must be in possession of a valid licence for insurance and grading purposes.

These can now be purchased on-line: visit www.jkascotland.com
and follow the link at the top of the home page.

Please inform your Instructor before applying for a new licence.



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Karate terms

General	Dojo	Place of Instruction
	Sensei	Instructor/teacher
	Gi	Karate suit
	Karateka	Person who practises Karate
	Obi	Belt
	Oss	Word used only in Karate as greeting or 'yes'
	Rei	Bow
	Kata	Series of moves that form a pattern (Embusen)
	Kihon	Basic techniques
	Kumite	Fighting (sparring)
	Kiai	Focus/Release of power through shouting
Instructions	Seiza	Instruction to assume sitting position (kneeling)
	Mukuso	Time for relaxation and concentration on Karate
	Yoi	Ready position
	Kamae-te	Get into position
	Hajime	Start
	Naore	Return to Yoi Position
	Yame	Stop immediately
	Yasume	Rest (bow to sensei or partner)
	Mawat-te	Turn
Counting	ichi	1
	ni	2
	san	3
	shi	4
	go	5
	roku	6
	shichi	7
	hachi	8
	ku or kyu	9
	ju	10
	gojusan	53 (work it out)
Body	jodan	face
	chudan	middle body
	gedan	lower body
	empi	elbow
	mae	front
	yoko	side



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Dojo Etiquette

No jewellery to be worn. Use tape to cover rings which cannot be removed.

Gi is to be kept in a good condition, clean and pressed.

Respect every member of the dojo and do not commit any act which is likely to offend.

Train at your designated level. Higher grades may attend lower grade sessions but lower grades must not attend higher grade sessions unless invited.

Bow (Rei) to the designated front of the dojo on entering/leaving.

Address any teaching instructor as Sensei.

Oss is a sign of respect and is used generally in karate when:

Receiving advice or command from the Sensei

When bowing at the start or end of the class

When bowing to your partner in Kumite

In any other appropriate situation i.e. Gradings, competitions etc.

Do not join or leave the class without the permission of the Sensei.

If you arrive late or re-enter the dojo, assume 'seiza' position at the front of the dojo.

When instructed by the Sensei, bow and join in at the back.

Warm up outside the dojo if late.

Keep quiet at all times during warm up and the lesson unless asked a question (exceptions are 'oss' and 'kiai' only)

Do not interrupt the sensei when they are instructing.

At the start of the lesson, senior grades line up to the right of the dojo.

On instruction 'seiza', assume kneeling position with hands resting straight on legs.

At the start and end of the lesson 'mokuso' is called. Close your eyes, relax and focus your mind on karate-do.

On instruction of 'Shomen ni rei' bow silently. Shomen is the designated front of the dojo.

On instruction of 'Sensei ni rei' bow and say 'oss' to the Sensei.

On instruction of 'Otagai ni rei' bow and say 'oss' to the members of the dojo.

Do not come up from the bow before the Sensei (about 4 seconds) as this indicates a challenge.

Do not walk or run across the dojo whilst training is in progress, go around the back.

BASIC STANCES

As in any sport, balance is crucial to performing well. In karate it could mean the difference between blocking a punch effectively or being knocked to the floor in the process.

The two stances for beginning any karate routine are known as **ATTENTION STANCE** and **READY STANCE**

ATTENTION STANCE MUSUBI DACHI



Heels touching, feet at 45°
This stance is used prior to the bow

READY STANCE HACHIJI DACHI



Feet shoulder width apart,
feet facing front knees slightly bent
This stance should be adopted on
the instruction 'YOI' and 'NAORE'

In this stance it
should be possible
to move quickly into a
defence position in any
direction

Stepping forwards or backwards the two most common stances are **FRONT STANCE** and **BACK STANCE**

FRONT STANCE ZENKUTSU DACHI



Feet shoulder width apart
Front knee bent over toes
60% of weight on front leg

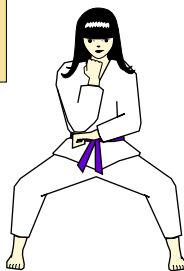
BACK STANCE KOKUTSU DACHI



Heels in line
70% of weight on back leg

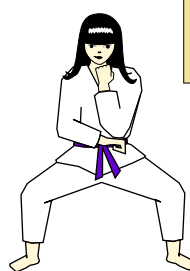
Two stances used in warm up exercises are **STRADDLE STANCE** and **SIDE STRADDLE STANCE**. Straddle stance is used in the later Katas and in the basics for various kicks

STRADDLE STANCE KIBA DACHI



Feet facing forward
50/50 weight distribution

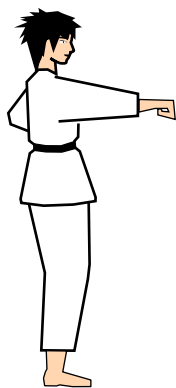
SIDE STRADDLE STANCE CHIKO DACHI



Feet greater than 45°
50/50 weight distribution

Some of the stances may feel unnatural as you begin your training but do become easier and the constant shouts from the sensei to 'bend your knee!!!' will diminish.

BASIC PUNCHES



Choku Zuki
Straight punch



Oi Zuki Chudan
Stepping punch to stomach



Oi Zuki Jodan
Stepping punch to face

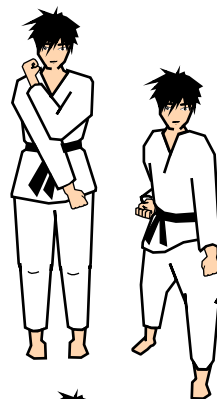


Gyaku Zuki
Reverse punch

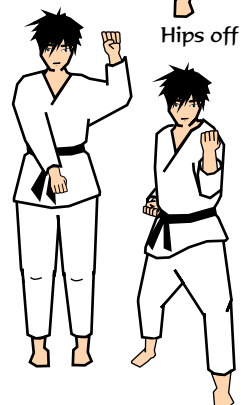


Kizami Zuki
Snap punch (no step)

BASIC BLOCKS

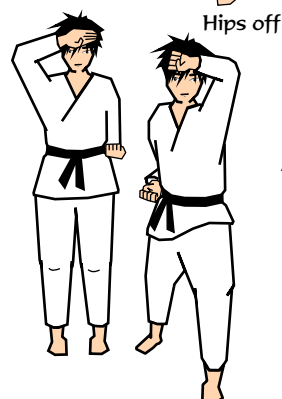


Gedan Barai
Downward block



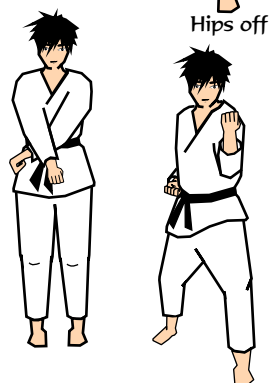
Hips off

Soto Uke
Outside Block



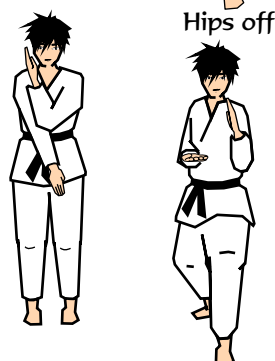
Hips off

Age Uke
Rising Block



Hips off

Uchi Uke
Inside block



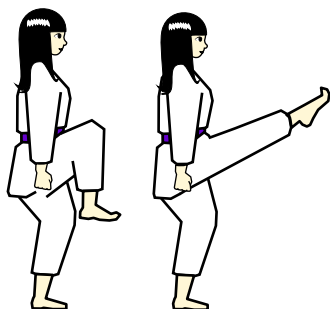
Hips off

Shuto Uke
Knife hand Block

BASIC KICKS

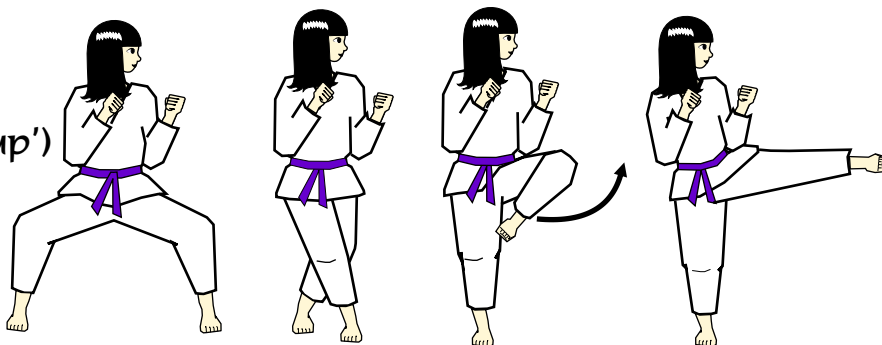
Mae Geri

Snap kick to front



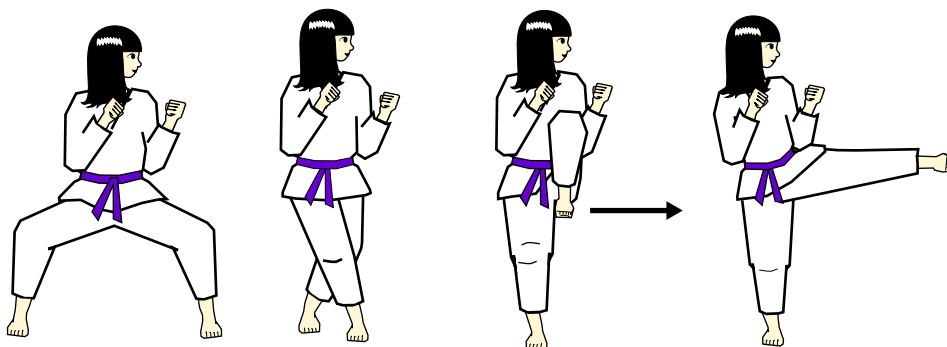
Yoko Geri Keage

Snap kick (literally, 'kick up')



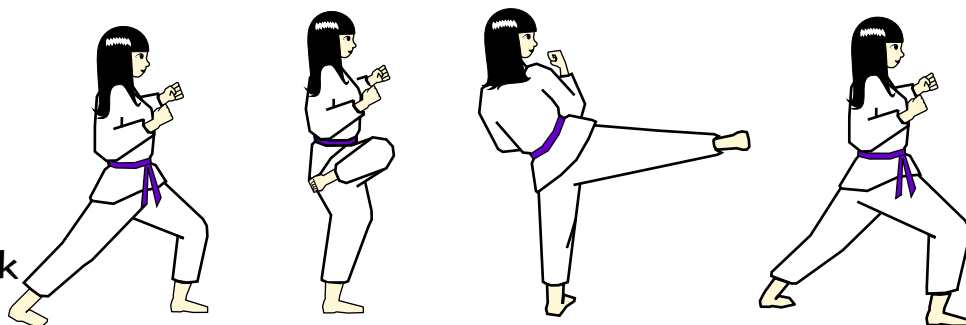
Yoko Geri Kekomi

Thrust Kick



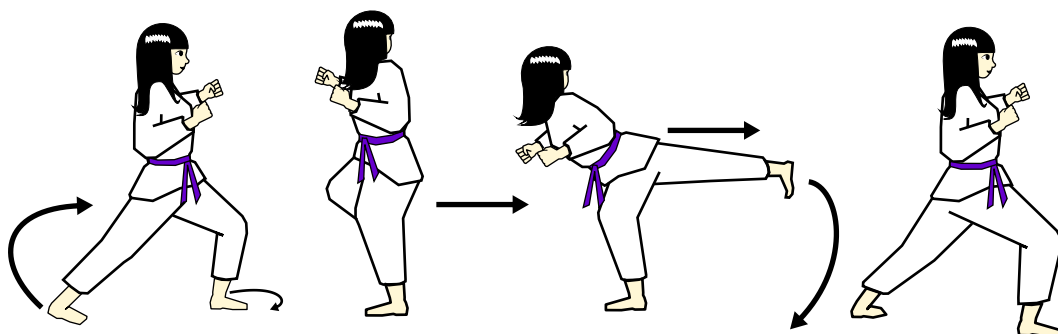
Mawashi Geri

Roundhouse Kick



Ushiro Geri

Back Kick





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GRADES

BELT	GRADING REQUIREMENTS	BELT ACHIEVED
WHITE	BASICS: PUNCHES, KICKS, BLOCKS KATA: KIHON (20 counts)	ORANGE 9TH KYU
ORANGE 9TH KYU	BASICS: PUNCHES, KICKS, BLOCKS KATA: HEIAN SHODAN (21 counts) KUMITE: 5 ATTACK SPARRING (GOHON)	RED 8TH KYU
RED 8TH KYU	BASICS: PUNCHES, KICKS, BLOCKS KATA: HEIAN NIDAN (26 counts) KUMITE: 5 ATTACK SPARRING (GOHON)	YELLOW 7TH KYU
YELLOW 7TH KYU	BASICS: PUNCHES, KICKS, BLOCKS KATA: HEIAN SANDAN (20 counts) KUMITE: 1 ATTACK SPARRING (KIHON IPPON)	GREEN 6TH KYU
GREEN 6TH KYU	BASICS: PUNCHES, KICKS, BLOCKS KATA: HEIAN YONDAN (27 counts) KUMITE: 1 ATTACK SPARRING (KIHON IPPON)	PURPLE 5TH KYU
PURPLE 5TH KYU	BASICS: PUNCHES, KICKS, BLOCKS KATA: HEIAN GODAN (23 counts) KUMITE: 1 ATTACK SPARRING (KIHON IPPON)	PURPLE & WHITE 4TH KYU
PURPLE & WHITE 4TH KYU	BASICS: PUNCHES, KICKS, BLOCKS KATA: TEKKI SHODAN (29 counts) KUMITE: KIHON IPPON KUMITE JODAN/ CHUDAN/ MAE GERI/ YOKO KEKOMI	BROWN 3RD KYU
BROWN 3RD KYU	BASICS: PUNCHES, KICKS, BLOCKS KATA: BASSAI DAI (42 counts) KUMITE: JIYUU KIHON IPPON KUMITE JODAN/ CHUDAN/ MAE GERI/ KEKOMI/ MAWASHI GERI	BROWN & WHITE 2ND KYU
BROWN & WHITE 2ND KYU	BASICS: PUNCHES, KICKS, BLOCKS KATA: BASSAI DAI (42 counts) KUMITE: JIYUU KIHON IPPON KUMITE JODAN/ CHUDAN/ MAE GERI/ KEKOMI/ MAWASHI GERI	BROWN & WHITE 1ST KYU

BLACK BELT 1st DAN JKA



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Grading Procedures



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Grading Examiners:

- Sensei Ohta 7th Dan JKA
- Sensei Alan Simpson 6th Dan JKA
- Sensei Bert Stewart 5th Dan JKA
- Sensei John Deans 5th Dan JKA

All grading examinations are carried out by JKA Qualified examiners/instructors who have gained the level of mastery in Karate.

A JKA awarded grade will be recognised all over the world without fear of contradiction.

Use the time between training and the grading examination wisely:

- keep warm
- have something light to eat and drink
- practise your kata

When the gradings begin, sit quietly at the back of the dojo, leaving as much space as possible for the examinations.

When the examiner calls your name, reply 'Oss sensei' and run to your allocated spot.

Depending on the number of students, there will be either one or two desks for the examiners. The dojo will be set out as below:

JKA Qualified Examiners for Kata And Kumite Table	JKA Qualified Examiners for Basics Table
1 2 3 4 3rd Line Up For Kata	1 2 3 4 etc. 2nd Line Up Waiting 4th Line Up Kumite
1 (1st person called) 2 3 4 etc. 1st line up Basics	

If there is only one set of examiners, 2nd and 4th line up will be the same as 1st line up.

You may be asked to repeat all or part of the kata. Listen carefully to what the examiner wants you to do.

At the end of the grading, bow and shake hands with your kumite partner, then bow to the examiners before returning to the back of the dojo.

Remember other students will be grading after you, so please maintain silence.

When your name is called at the end of the grading, acknowledge again with 'Oss Sensei'.

You may be awarded a 'temporary' pass if your kata was not up to the required standard. This allows you to wear the appropriate belt but you have to repeat the kata at your next grading before you are allowed to progress to a higher belt.

You must improve your effort at training in order to progress

FURTHER TERMINOLOGY

Age Uke	Rising block
Choku Zuki	Straight punch
Embusen	Pattern formed by kata (performance line)
Empi Uke	Elbow block
Fumikomi	Stamping kick
Gedan Barai	Downward block
Gyaku zuki	Reverse punch
Haiwan Uke	Fore arm block
Kentsui Uchi	Hammer blow
Kiba dachi	Straddle leg stance
Kizami Zuki	Snap punch
Kokutsu dachi	Back stance
Mae geri	Front snap kick
Mawashi Geri	Roundhouse kick
Mawashi Zuki	Round punch
Morote uke	Reinforced forearm block
Musubi Dachi	Attention stance
Nagashi uke	Sweeping block
Nukite	Spear hand
Oi Zuki	Stepping punch
Osae Uke	Pressing down block
Shizentai (dachi)	Natural stance
Shiko dachi	Square stance
Shuto Uke	Knife hand block
Soto Uke	Outside block
Tate	Vertical
Uchi uke	Inside block
Uraken	Back fist
Ura Zuki	Close punch
Ushiro empi uchi	Reverse elbow strike
Yoko Geri keage	Side snap kick
Yoko Geri kekomi	Thrust kick
Zenkutsu dachi	Front stance



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Equipment List

Gis and other equipment are available from the club at very competitive prices
Please see Sensei Stewart for details. These include:

Sensei Ohta's Samurai Gi	Children to XL
Gum Shields	All sizes
Groin guards	Senior/Junior
Chest guards	
Spare vests	
Pads	
Hand mitts	white knuckle type
Belts	All coloured Silk Black belt
Tracksuits, bags, T-shirts, etc.	available to order

For details, orders and prices contact
Bert Stewart 07863 135269 (or email / in person at class)
bert@jkakaratedalgetybay.co.uk

NOW AVAILABLE TO SHOP ONLINE AT
www.JKAKARATEEASTLOTHIAN.co.uk

JKA Karate East Lothian

2021

Name.....

January

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
				1st	2nd	3rd
4th	5th	6th	7th	8th	9th	10th
11th	12th	13th	14th	15th	16th	17th
18th	19th	20th	21st	22nd	23rd	24th
25th	26th	27th	28th	29th	30th	31st

February

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
1st	2nd	3rd	4th	5th	6th	7th
8th	9th	10th	11th	12th	13th	14th
15th	16th	17th	18th	19th	20th	21st
22nd	23rd	24th	25th	26th	27th	28th

March

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
1st	2nd	3rd	4th	5th	6th	7th
8th	9th	10th	11th	12th	13th	14th
15th	16th	17th	18th	19th	20th	21st
22nd	23rd	24th	25th	26th	27th	28th
29th	30th	31st				

April

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
			1st	2nd	3rd	4th
5th	6th	7th	8th	9th	10th	11th
12th	13th	14th	15th	16th	17th	18th
19th	20th	21st	22nd	23rd	24th	25th
26th	27th	28th	29th	30th		

May

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
					1st	2nd
3rd	4th	5th	6th	7th	8th	9th
10th	11th	12th	13th	14th	15th	16th
17th	18th	19th	20th	21st	22nd	23rd
24th	25th	26th	27th	28th	29th	30th
31st						

June

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
	1st	2nd	3rd	4th	5th	6th
7th	8th	9th	10th	11th	12th	13th
14th	15th	16th	17th	18th	19th	20th
21st	22nd	23rd	24th	25th	26th	27th
28th	29th	30th				

July

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
			1st	2nd	3rd	4th
5th	6th	7th	8th	9th	10th	11th
12th	13th	14th	15th	16th	17th	18th
19th	20th	21st	22nd	23rd	24th	25th
26th	27th	28th	29th	30th	31st	

August

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
						1st
2nd	3rd	4th	5th	6th	7th	8th
9th	10th	11th	12th	13th	14th	15th
16th	17th	18th	19th	20th	21st	22nd
23rd	24th	25th	26th	27th	28th	29th
30th	31st					

September

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
		1st	2nd	3rd	4th	5th
6th	7th	8th	9th	10th	11th	12th
13th	14th	15th	16th	17th	18th	19th
20th	21st	22nd	23rd	24th	25th	26th
27th	28th	29th	30th			

October

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
				1st	2nd	3rd
4th	5th	6th	7th	8th	9th	10th
11th	12th	13th	14th	15th	16th	17th
18th	19th	20th	21st	22nd	23rd	24th
25th	26th	27th	28th	29th	30th	31st

November

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
1st	2nd	3rd	4th	5th	6th	7th
8th	9th	10th	11th	12th	13th	14th
15th	16th	17th	18th	19th	20th	21st
22nd	23rd	24th	25th	26th	27th	28th
29th	30th					

December

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
		1st	2nd	3rd	4th	5th
6th	7th	8th	9th	10th	11th	12th
13th	14th	15th	16th	17th	18th	19th
20th	21st	22nd	23rd	24th	25th	26th
27th	28th	29th	30th	31st		

Licence renewal date



31st

Coloured belt gradings

Black belt gradings

Squad training



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KATA



Kata are logical arrangements of blocking, punching, striking and kicking techniques in certain set sequences.

About 50 kata are practised at the present time although only a small number of these will be taught in the dojo.

Each kata begins with a blocking technique and consists of a specific number of movements to be performed in a particular order.

There is some variation in the complexity of the movements and the time required to complete them but each movement has its own meaning and function and nothing is superfluous.

While performing a kata, the karateka should imagine him/herself to be surrounded by opponents and be prepared to execute defensive and offensive techniques in any direction.

Performance of the kata is along the embusen (performance line), the shape of which is decided for each kata.

By exhaling very sharply and tensing the abdomen, extra power can be given to the muscles. This is known as KIAI and occurs in the middle and/or end of the kata.

Each kata introduces new techniques. It is important to learn and perfect each one in order before moving on to the next.

Continuous practise of all previous kata is essential.

The following pages give the Japanese names of some of the moves. You will not be required to know all of these for your grading and it is more important when learning the kata to concentrate on the technique as taught by the Sensei.

IMPORTANT POINTS

Be aware of the timing of each movement, do not rush it.

Every movement must be performed in the correct sequence.

The kata must begin and end at the same spot on the embusen.

Each movement must be understood and fully expressed.

Hold the final position of the kata until instructed to return to Yoi (Naore).

At the beginning and end of the kata one must bow to the sensei.

As in all performances, a perfect finish is important.

If you are in any doubt about how to perform a movement or do not understand its function, your Sensei or other higher belts are always willing to demonstrate and answer questions.



The Meaning of Kumite

Kumite is a method of training in which the offensive and defensive techniques learned in kata are given practical application. The opponents are face to face. The importance of kata to kumite cannot be over emphasised. If techniques are used unnaturally or in a forced way, posture will break down. And if the kata techniques becomes confused when applied, no improvement in kumite can be expected. In other words, improvement in kumite depends directly on improvement in kata: the two go together like hand in glove. It is a mistake to emphasise one at the expense of the other. This is a point to be careful about when practising kumite.

The Types of Kumite.

Basic kumite, jiyuu ippon kumite and jiyuu kumite are the 3 types of kumite.

Basic Kumite.

In this most elementary form of kumite, the opponents take a fixed distance from each other and the target is agreed on beforehand. They then alternatively practice attacking and blocking. This may be done as a single attack and block- ippon kumite – or a series of five – gohon kumite – also 3 sanbon kumite.

Jiyuu ippon kumite.

The method of Jiyuu Ippon kumite is this. Both karate-ka take a kamae (posture – specifically that of the arms and the torso) freely at an optional distance. Announcing the area the technique is aimed at, the attacker attacks decisively. Against this the blocker freely uses techniques they have mastered and counter attacks at once. This is a training method : the purpose is to put into actual practice the techniques of offence and defence. This is jissen (actual fighting) kumite. In this way, the attacker, gauging maai (distance) and kokyu (breathing) and making use of feints and so on, takes advantage of any opening and with good timing develops his attacking strength. The blocker, advancing, retreating or executing tai-sabaki to left or right, uses his techniques in any direction and counterattacks.

Because it involves methods of attack and defence in all directions, kokyu, maai, tai-sabaki, shifting centre of gravity, blocking-finishing in one breath, jiyu ippon kumite is an extremely important method for forging techniques. There is a way of thinking about jiyu ippon kumite. If after attacking, the attacker deceives the blocker and continues to attack, or attacks without announcing his intention by turning the blockers counter attack against him, this training method will become jiyu kumite.