



## The School of Traditional Karate NEWS LETTER



### **Development of modern day Sport Karate**

Karate can basically be divided into three groups, Karate Jitsu, Karate Do and Sport Karate

#### **Karate Jitsu**

The origins of Karate started when an 18<sup>th</sup> century Chinese Martial Artist known as Kūsankū, also known as Kwang Shang Fu, brought his Martial Art from China to the Ryukyu Islands. The Art had many names, however when the Okinawans introduced the Art to mainland Japan, it was agreed to call it Karate (Empty hand) meaning a fighting system without weapons. This system was also called Karate Jitsu. Jitsu means science or art; it focuses on the intent of the techniques. Karate Jitsu is the system taught to our Adult Seniors.

#### **Karate Do**

Karate Do means 'Way' and was promoted by Gichin Funakoshi 1868-1957, this element of Karate pays particular attention to the spiritual and moral side of the art. The character for Kara changed and the emphases on empty, as in empty hand takes on greater meaning and is described by Gichin Funakoshi as; "A clear mirror that reflects without distortion" The karata-ka must purge himself/herself of selfish and evil thoughts, for only with a clear mind and conscience can he understand that which he receives. He who studies Karate Do must always strive to be inwardly humble and outwardly gentle"

The essence of Karate Do is taught through the Dojo etiquette to Children and Adult beginners.

#### **Sport Karate**

Masters and students of Karate have always wanted to test their fighting ability, the dilemma has been how to do this reasonably safely and still feel the effect of each technique. The Japan Karate Association (JKA) held competitions and in the early stages, these were without rules, which resulted in very serious injuries. As time went on the rules were developed, the competitors were not allowed to strike to the eyes or kick to the groin, there was no protective equipment. The competitors had to deliver every technique with full power and speed and had to stop their techniques at skin level to score a point. As you can imagine, this again resulted in many serious injuries. The early Tournaments in England only had one category irrespective of size, age or sex.

#### **Modern day sport karate**

Karate will be included in the 2020 Olympic Games held in Tokyo Japan. Events will consist of Individual and Team Kata (set forms) and Individual and Team Kumite (Sparring). For Sport Karate to be accepted into the Olympics it needs to be safe and



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exciting and therefore new rules have been introduced. The World Karate Federation has developed Sport Karate and students can start competing in National events from the age of 10 years old. All students can practice Sport Karate.

### **Protective equipment for all Children/Youth Students**

The School of Traditional Karate will hold our National Tournament on Sunday 11<sup>th</sup> November 2018 and all our students will be encouraged to enter. The events will be Kata, Team Kata and Kumite. Children under 8 years old can compete in Individual and Team Kata and all students over 8 Years old can also compete in Kumite.

As we are following the rules of the World Karate Federation, all competitors entering Kumite events will have to wear the approved protective equipment. Children under the age of 8 years old can also wear and practice their fighting skills with protective equipment if they wish. It is our intent to spend some time in every lesson practicing kumite and all the children will wear protective equipment for sparring.

The equipment required is as follows:

- Hand mitts
- Shin guard
- Foot guard
- Chest protector
- Gum shield
- Groin protector (for boys) optional

As the sizes vary, I have attached a size guide to help, or you can go to Blitz Sport and try the sizes on.

The equipment is available in Red or Blue and should students wish to compete in the English Karate Federation National Tournament 2019 they will need all equipment in both Red and Blue. However for training and our Tournament in November 2018, only one set of protective equipment will be required (either Red or Blue)

We will start using this protective equipment from the September 2018.

## Ashley Jansen

Ashley Jansen  
Chief Instructor  
The School of Traditional Karate  
6<sup>th</sup> Dan Shotokan Karate



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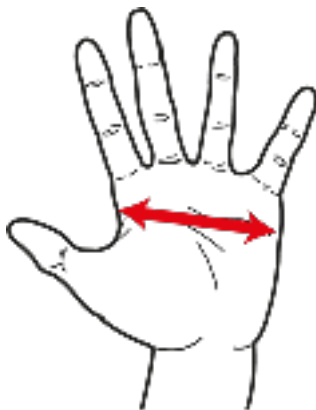


Equipment can be purchased from **BLITZSPORT**  
<http://www.blitzsport.com/karate/karate-wkf-approved>

## GLOVES

To determine the correct size gloves, measure the distance across the lowest, but widest, part of your knuckles on the palm of your hand, as depicted in the diagram.

Size	Width
XX-Small	6.4cm - 7.0cm
X-Small	7.2cm - 8.2cm
Small	8.2cm - 8.5cm
Medium	8.5cm - 9.1cm
Large	9.1cm - 9.5cm
X-Large	9.5cm - 9.8cm
Junior	8.2cm - 8.5cm
Senior	8.5cm - 9.8cm



## FOOT

This goes on foot size.

X-Small 1 - 2



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**Small** 3 - 5  
**Medium** 6 - 8  
**Large** 9 - 11  
**X-Large** 12 - 13