

ONE STEP PRE SET FIGHTING EXERCISES WITHIN KARATE DO PHYSICAL EDUCATION LESSONS AT THE UNIVERSITY OF BUCHAREST

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Abstract

Background. In the third year of study at Bucharest University, the students will include in their current practice of physical educational, lessons in Karate-do, the practice of one step fighting exercises (in Japanese: Ippon Kumite or Kihon Ippon Kumite). This is also a requirement for the green belt examination or 6 kyu.

Sparring (Kumite) is the form of practice that has the most direct appeal not only to the beginner student but to everyone who has any interest in karate. Everyone wants to start sparring practice as soon as possible, and for this reason the students practice the fundamentals assiduously.

Objectives. To learn correctly a group of exercises of Sabaki (stepping and dodging), different positions and basic techniques of attack and defence (Kihon).

To perform the techniques correctly with proper breathing and correct posture, otherwise techniques, power, and correct spirit cannot be achieved. A correct posture relaxes the body, has distinction and dignity as well as esthetic appeal and elegance for maximum efficiency.

Methods. The method used for this presentation concerning the specific Ippon Kumite exercises, practiced in Japan universities by the Japan Karate Association, will also be used by the students of the University of Bucharest in their third year of studies.

Conclusions. In sparring training, each student practices this type of Kumite (Ippon Kumite) according to his own level of progress. It is therefore necessary to fully understand the distinctive features of the various types and to practice with the objectives clearly in mind.

Ippon Kumite is for studying offensive and defensive techniques, training in body movements and learning Maai (distancing). Mentally, the same like in another forms of Kumite exercise, the student will look for controlling emotions, fighting spirit, self esteem and determination. The more advanced students will improve the finer points of Zanshin (awareness), Saho (etiquette), and Yomi (perceptivity).

Keywords: *prearrange fight with partner, Ippon kumite, Karate do Shotokan*

Introduction

During the physical education in Karate-Do lessons with the University of Bucharest's first year and second year students, a specific way of preparing is represented by a pre-established fight with an opponent, using the *Ippon kumite* exercises (which consists of one step fight). Sparring (kumite) is the form of practice that has the most direct appeal not only to the beginner but to everyone who has any interest in karate. Every student wants to start sparring practice as soon as possible, and it is for this reason that they practice the fundamentals assiduously. But kumite doesn't express a blind fight, with no rules. It is a confrontation conducted with the training partner based on full mutual respect. Kumite represents an ability test, courage and will in a pre-established fight situation. Because karate in its early days was used in fighting actual armed enemies and was itself perfected into a dangerous weapon, it wasn't until it became associated with the other Japanese martial arts that the concept of focusing the techniques just short of contact with the opponent was developed, making sparring possible. Mutual trust between opponents, which is said to be an important feature of the "morality" of Japanese martial arts, is expressed in the rules of sparring, where any actually strikes a vital point of the opponent is forbidden. This form of practice of fighting exercises specific to the Karate-Do discipline represents a concrete level of physical and mental performance reached by the students who practices Karate-Do Shotokan during lessons of physical education in University of Bucharest. They will train and fight in conformity with the pre-established conventions, respecting their opponents, following the ethics and the moral code of the martial

arts and fair-play of sports. Relying on the correct understanding of the basic techniques, the students will eventually manage to express freely later, in a specific fighting form (Jiyu Kumite), where the mental and physical aspects learned and perfected during the lessons which will be absorbed.

Objectives

The aim of this kind of exercise is to learn correctly a group of exercises of Sabaki (stepping and dodging) and different positions and also basic techniques of attack and defense. It is important that the techniques be performed correctly with proper breathing and correct postures, otherwise techniques, power, and correct spirit cannot be achieved. A correct posture relaxes the body, has distinction and dignity as well as esthetic appeal and elegance for maximum efficiency. The more advanced students will improve the finer points of Zanshin (awareness), Saho (etiquette), and Yomi (perceptivity).

Methods

Before starting the execution of the specific *Ippon kumite* exercises, the same as in Sanbon kumite exercises (tree steps fighting), the students are advised to constantly keep in mind the following indications:

- The correct execution of the blocking techniques in kumite is very important. The one who attacks (Tori) must begin the fight all of the sudden, with a lot of confidence and speed, without making it obvious to the one who defends himself. The one who defends himself (Uke) must not be hasting, to maintain a sharp focus and to identify the beginning of an attack, to block efficiently and then contra attack.
- The students must understand and develop the sense of distance between them and correctly evaluate the moment when they have to enter the distance of fire or how to make the opponent come forward.
- The students must learn how to instantly make the change between defense and attack, or vice versa and how to know to constantly adapt to opponent's moves.
- The objective of the attack is a deep thrust or strike, decisive upon the opponent, but without reaching the target in a certain way (sundome).
- Kamae (guard position) must be without any inhibitions, flexible and stable. The moves must be in harmony with the movements and techniques of the opponent, while keeping under control his balance, rhythm and breath.

Facing each other, each student takes a turn in attacking with a predetermined level and technique of attack. First, they stand in Musubi Dachi (heels-together stance). Looking directly into his opponent's eyes, the attacker steps-back with his right foot (or left) from Hachiji Dachi (open-leg stance) to Zenkutsu Dachi (forward stance), executing Gedan Barai (downward block), forewarns his attack and level, then attacks force like in a real encounter while concentrating on the Tanden (point located under the navel). The attack must be executed at maximum speed and proper timing is achieved by watching the defender's breathing. The defender with a calm mind in harmony with the attacker simultaneously steps in the right direction blocking in a proper stance and immediately counter-attacks. The attacker resumes the original stance slowly inhaling and exhaling deeply concentrating on his Tanden, then relaxes and readies himself for the next attack. Likewise, in another forms of kumite (Gohon and Sanbon), the defender maintains briefly the last kime (uchi or zuki – the striking or punching arm) of his counter-attack to enable him to tense the proper muscles used in the different techniques. To acquire Zanshin, Saho and Yomi after his counter the defender will resume the original stance, inhaling and exhaling calmly at the same time as the attacker, looking directly into his eyes. It should be executed from both sides.

Representative examples of *Ippon kumite* exercises are shown in the figures below:



Fig.1 Stepping back and blocking punching attack **Fig.2** Counterattacking



Fig.3 Simultaneously blocking and shifting sideways



Fig.4 Counterattacking to the inside of punching attack



Fig. 5 Stepping back and blocking kicking attack



Fig.6 Counterattacking

The purpose of this training method being to train the beginners students in the principles of applying techniques, there are many examples which can be given, but the general lines are the same:

1. Stepping back, blocking punching attack, and then counterattacking. (Referring to Fig.1, Fig.2)
2. Stepping in, blocking punching attack, and then counterattacking.
3. Simultaneously blocking and shifting sideways to the inside of punching attack, and then counterattacking. (Referring to Fig.3, Fig.4)
4. Simultaneously blocking and shifting to the outside of punching attack, and then counterattacking.
5. Simultaneously blocking punching attack and counterattacking.
6. Simultaneously shifting and counterattacking.
7. Anticipating punching attack and counterattacking.
8. Blocking kicking attack and counterattacking. (Referring to Fig.5, Fig.6)

Conclusions

During the physically education lessons with the students of the University of Bucharest, one specific method of training is represented by the exercise of *Ippon Kumite* – fighting one person with pre-arranged techniques at one step. By exercising these techniques, the student will learn properly a group of exercises of Sabaki (stepping and dodging), the principles of applying techniques in different positions and basic techniques of attack and defense.

Correctly practiced, the *Ippon Kumite* exercises will also learn the student the concept of Maai (distancing). Mentally, the same like in another forms of Kumite exercise, the student will look for developing controlling emotions, fighting spirit, self-esteem and determination. The more advanced students will improve the finer points of Zanshin (awareness), Saho (etiquette), and Yomi (perceptivity).

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