

PRE-ESTABLISHED FIGHTING EXERCISES IN FIVE STEPS FOR PHYSICAL EDUCATION LESSONS, SPECIFICALLY KARATE-DO, BUCHAREST UNIVERSITY

Exerciții de luptă prestabilită la cinci pași în cadrul lecțiilor de educație fizică cu specific karate-do în Universitatea din București

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Abstract

Premises. During the physical education Karate-Do lessons and also for the grade examination for the yellow belt at the end of the first year of University, the students will include in their current practice the pre-established five steps fighting exercises (Japanese: Gohon Kumite). Progress in Karate-Do will be established the same as in others physical education disciplines, following the principle of accessibility, by applying the three classical rules of didactic practice: from easy to difficult, from simple to complex and from known to unknown. The first step of Karate-Do is to correctly learn the fighting techniques by exercising alone, without a partner (Jap.: Kihon). The second step is to apply them by fighting one or more adversaries (Jap.: Kumite).

By practicing the fighting exercises with a Karate-Do partner one can also attain the specific principals of physical education, by bettering physical development and motric capacities.

A very important factor during the physical exercises will be the mental side, the student developing in short time understanding for the other side, for the activity immersion, for controlling emotions and techniques, for focusing one's mind better and for will strength and developing a fighting spirit.

Objectives. Internalizing the basic techniques for attacking and defense, controlling the breathing techniques, moving the body in the right sequence. Mentally, we will look for controlling emotions, fighting spirit, trusting yourself and determination.

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

The fore mentioned practice techniques are available for all the basic techniques to help attain the desired objectives.

Conclusions. During the lessons with the students of the University of Bucharest, an important step is fighting one or more partners, following the Gohon Kumite exercises. By exercising these techniques, students will develop mental capacity, motric qualities, rhythm, breathing and following the right steps to attain the right techniques.

Corectly practiced, the Gohon Kumite exercises will form a solid base for the next fighting techniques needed in superior levels of instruction and knowledge, by helping the formation of a strong fighting spirit and a strong, focused mind.

Keywords: prearrange fight with partner, Gohon kumite, Karate do Shotokan

Introduction

During the physical education lessons of karate-do subject with the students of the University of Bucharest, a specific way of preparation is represented by the fight with an opponent in the form of the exercises of Gohon kumite. In the Japanese language *kumi* represents the idea of association, and *te* means hands. Therefore, kumite does not represent confrontation, but a labour done together with a partner of training based on a complete mutual respect. Kumite means a test of ability, courage and will in a situation of pre-established fight.

This form of exercising the training of karate-do specific fights represents precisely the level of physical growth, motive power and mentally of a student whon is practicing karate-do Shotokan. He is going to fight in resemblance with pre-established convention, respecting his opponents, following the ethics and the moral code of martial arts. Based on the corresponding feature of the based technique, a karateka could later express himself freely, in a form of fight called in the Japanese language: Jiyu Kumite, in which will be integrated the mental and physical sides.

In the pre-established fight, the technical dimention represents the stage of "initiations". She corresponds to the period in which the karate-do practitioner will obtain a certain technicality in the execution of different pre-established assaults. Thus, the student naturally acknowledges his weapons, methods which he can apply with effectiveness in accurate situations. Also, he will develop his speed, precision, reflections, the sense of distance, control and testing the rhythm. The karate-do probationer

prepares like so, physically and technically, with a partner who simulates the opponent for the “independent fight”, in which no detail can not be neglected.

Method

Before beginning the execution of the specific Gohon kumite exercises, the students are advised to constantly keep in mind the following indications:

- The correct execution of blockage techniques in kumite is very important. The one who attacks (Tori) has to start the attack with much determination and speed without doing anything obviously to the one who defends himself. The one who defends himself (Uke) has to identify the beginning of an attack, to block efficiently, and to counter-attack.
- The probationers have to understand and develop a sharp sense of distance and to estimate correctly the moment when to enter in the “fire” distance or how to attract his opponent to advance.
- The probationers have to learn to make the instantaneous move from defence to offensive, or vice-versa and to know how to adapt to the opponent’s moves.
- The objective of an attack is a profound blow, decisive against the opponent, but not touching the target (sundome).
- Kamae (guard position) has to be relaxed, flexible and stable. The movements have to be in harmony with the movements and techniques of the opponent, during the attack the balance, rhythm, and control of breathing.

Gohon kumite is a fundamental exercise of the basic techniques which develop motric qualities (Japanese *migamae*) the mental preparation (*kigamae*) and the feet movements (*unsoku*).

It follows the accurate execution, as for the attack techniques (with the fists and the foot) as for the defence techniques.

The one which will initiate the attack after judging the correct fighting distance from natural stance (Japanese *yoi dachi*) will make a step to the rear and in the same time will adopt the fighting stance with a center of gravity more if the forward leg (Japanese *zenkutsu dachi gedan kamae*). There will be executed five attacks with precision and power. The one who attacks, try to resist the blocking techniques of the defender. He has to imagine that his attack will penetrate the defender. To avoid the leaning forward of the upper body it will be recommended to push the lower abdomen forward.

A great attention will be directed of the execution of the first block, which must be done firm and correctly, because the up-coming mistakes can not be improved during the next four steps. On the contrary, the defender will be soon overwhelmed by the attacker and will realize that every step he makes will amplify gradually the initial mistake. He will notice that because of wrong rhythm, of a distance wrongly appreciated or of a too fragile position, will not be able to react with a right counter-attack, vigorously and without timeouts.

The defender must block, full of trust and with a strong fighting spirit. When it blocks, it has to be kept in mind the idea that all the techniques are executed with the hips and the whole body, not only isolated with the arms. The technique executed with kime, will be maintained for a few moments, to learn the correct mode of contracting the muscles which interfere upmost in the execution of the technique.

Mentally speaking there will be followed : the controlling efficiency, tenacity, perseverance by consistent attack, self-trust and alertness.

Gohon kumite it will be executed in the beginning with a lower rhythm with pauses at the teacher’s command. The rhythm will be accelerated after a couple repetitions until this successions of techniques will become very fast and very “fluid” without losing the balance of the two practitioners or disfigure the technique. At a higher level of express, everything has to be executed with swiftness, safety and precision, without hesitation. This stage of performance can not be obtained in short time, but once gained, it will allow the advanced students to apply some interesting and attractive variants of execution. For example, the case of the student who starts the action : the attack can be done with different feet techniques, the attack with a succession of two-three fist hits at the same level; the attack with a succession of fists at different levels or re-attacking after an eventual blockage of the counter-attack of the one who is defending himself.



Fig. no.1



Fig. no. 2



Fig. no. 3



Fig. no.4



Fig. no. 5



Fig. no. 6



Fig. no. 7

Conclusion

During the karate-do lessons with the students of the University of Bucharest , a specific manner of preparation represents the fight with one or more opponents through the Gohon Kumite exercises. By practicing those exercises, the students can develop the motric qualities , mental attitude, the sense of rhythm, the control of breathing and the mastery of the movement forms in the techniques' executions.

Practised correctly, the Gohon Kumite exercises represent a solid base for the later fighting exercises from higher training. They create a stronger fighting spirit and help the mind to focus.

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