

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

LEȘTARU Marius*

Department of Physical Education and Sport, University of Bucharest, Romania

*Corresponding author: lestaru.marius@yahoo.com

Abstract

Premises: During the physical education in Karate-Do lessons and also regarding the grade examination for the orange belt at the end of the second year of study at Bucharest University, the students will include in their current practice the pre-established three steps fighting exercises (in Japanese: Sanbon Kumite). Progress in Karate-Do will be established in the same way 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 (in Japanese: Kihon). The second step is learning how to apply the fighting techniques by fighting with one or more adversaries (in Japanese: Kumite). In the case of Sanbon Kumite, the difference between this kind of exercise and Gohon Kumite (the pre-established five steps fighting exercises) lies in the number of steps. In this situation of fighting with a partner, three instead of five. Also, another difference lies in the possibility of continuous attacks with different techniques at different levels. By repeating practice in the Sanbon kumite fighting exercises the students can also attain the specific principals of physical education, by bettering physical development and motor capacities.

Likewise in the practice of Gohon Kumite, a very important factor during practice of Sanbon Kumite it is represented by mental attitude, in a short matter of time the student will understand what it means the value of mutual respect between practitioners, the full implication in one activity, the control of emotions and techniques, the will power, mental concentration, fighting spirit etc.

Objectives: Learning varying basic techniques for attacking and defense, controlling the breathing techniques, moving the body in the right sequence. Mentally, the same like in Gohon Kumite exercise, the student will look for controlling emotions, fighting spirit, self esteem and determination.

Methods: The method used for this presentation concerning the specific Sanbon Kumite exercises, practiced in Japan universities by the Japan Karate Association, will also be used by the students of the University of Bucharest in the second year of studies. As in Gohon Kumite, the attacker must always aim for developing motor qualities, in particular speed in execution and in body movement, the force in action („Kime”) and coordination. From the defence position he warns the defender „jodan, chudan, mae geri!”, then concentrating his mind on the lower abdomen, attacks successively with forcefulness and with concern for accuracy. He must always possess the fighting spirit and make it explode in each attack.

Conclusions: During the lessons with the students of the University of Bucharest, one specific method of training it is represented by the exercise of Sanbon Kumite - fighting one person with pre-arranged techniques in three steps. By exercising these techniques, students will develop mental capacity, motor qualities, rhythm, breathing control and also emphasize the training of basic techniques.

The advantage of this kumite lies in its effectiveness as a complete training method to maintain the balance during a continuous movement. It should be executed from both sides.

Correctly practiced, the Sanbon Kumite exercises will form a strong fighting spirit, a strong, focused mind and a solid base for the next fighting techniques needed in superior levels of instruction and knowledge.

Keywords: prearrange fight with partner, Sanbon 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 Sanbon kumite exercises (which consists of three steps fight). In the Japanese language *kumi* represents the idea of association, and *te* means hands. So, kumite doesn't express a blind fight, with no rules, but 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.

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 student who practices Karate-Do Shotokan. He will fight in conformity with the pre-established conventions, respecting his opponents, following the ethics and the

moral code of the martial arts. Relying on the correct understanding of the basic techniques, a Karateka student will eventually manage to express freely, in a specific fighting form (in Japanese, Jiyu Kumite), where the mental and physical aspects learned and perfected during the lessons will be absorbed.

In the pre-established fight, the technique's dimension represents only the first stage of the learning, the most important one. It corresponds to the period in which the Karate-Do student will accomplish a certain technical knowledge when it comes to the execution of the different pre-established attacks. In this way, the student will learn gradually the procedures which he can apply efficiently during specific situations. Also, he will develop the sense of distance, the technique control, speed, precision, reflexes and he will be able to experiment with the rhythm of the fight. The Karate-Do practicante prepares himself physically and technically, with a partner who simulates the future opponent for a free fight, where no detail can be neglected.

The Method

Before starting the execution of specific Sanbon kumite exercises, the same way as in the Gohon kumite exercises, 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 contraattack.
- The Practicants 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 practicants must learn how to instantly make the change between defence and attack, or viceversa and to know how to constantly addapt to opponent's moves.
- The objective of the attack is a deep throw, 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.

Sanbon kumite is a fundamental exercise of basic techniques, just as Gobon kumite, develop the motric qualities (Japanese - *migamae*), the mental preparation (*kigamae*) and the motions (*unsoku*). The most important thing is the accuracy of the execution, for the techniques of attack and also of the defending techniques.

The one who will initiate the attack, after correctly evaluating the right distance, in a natural position (Japanese - *yoi dachi*), will warn his partner about the level and the technique which will be used and he will pronounce with a clear voice the information: (jodan, chudan, mae geri). Then he will retreat one leg and at the same time he will adopt an attack posture with his center of gravity placed mainly on his forward leg. (Japanese - *zenkutsu dachi gedan kamae*). There will be executed three different attacks forward full of force and precision: 1. with his fist at superior level (jodan oi zuki) 2. with his fist at a medium level (chudan oi zuki) 3. a kick (mae geri). The one who attacks, tries to resist the blocking techniques which the defender applies and tries to keep his balance during the performance of the techniques, concentrating his mind on the lower abdomen. He must always keep his fighting spirit.



fig. 1



fig. 2



fig. 3



fig. 4



fig. 5



fig. 6



fig. 7

The one who defences himself, starting from a natural position yoi dachi, in harmony with the rhythm established by the attacker, will retreat in a specific position and then he will block with the same determination three times in a row, correctly evaluating the distance, and he will choose the proper technique depending of the attack of the opponent. After the third technique of defence, he will counterattack immediately with the strongest determination. He will have to observe very carefully the breathing manner and the movements of the opponent.

A great part of the focus will be centered towards the execution of the first blockage in the most firm and correct way, because the eventual mistakes can't be undone during the next steps. In the contrary, the defendant will be very soon overwhelmed by the attacker and he will realize that every wrong step will amplify his initial mistake. He will observe that because of a misunderstanding of the rhythm, of a misvaluation of the distance or of a fragile position, he will not be able to react through a suitable, vigorous and without any missed strokes counter-attack.

The defendant must be full of confidence and keep a fight spirit when he blocks the counter-attack. During the blocking, one must remember that the techniques are executed with the hip and the entire body, not only with the arms. The technique executed with kime will be maintained few moments in order to understand the correct way to contract the muscles which will play an important role in the execution of the respective technique.

Compared to Gohon kumite, this type of exercise (Sanbon kumite) doesn't develop the resistance as much during the execution of the techniques. The advantage of practicing this type of kumite consist in its form of expression of a complete training meant to maintain the balance of the body during the combinations of continuous techniques. It must be practiced on both sides of the body.

The exercise will be firstly executed in slow, abrupt and at the teacher's rhythm. The rhythm will accelerate after a specific number of repetitions until this succession of techniques will become very fast and „fluid” without those two practicans, in these conditions, to lose balance or ruin their technique. At a higher level of expression, everything must unfold rapidly, surely and with precision, without any hesitation. This stage of performance cannot be obtained in a short time, but once achieved, it will allow the advanced students to apply interesting and entertaining variants of execution. For example, in the defendant student's case:

- ✚ (Version 1) 1.jodan age uke 2. chudan soto uke 3. gedan barai 4. chudan gyaku zuki + kiai
- ✚ (Version 2) 1.jodan age uke 2. chudan uchi uke 3. gyaku gedan barai 4. jodan kizami zuki + chudan gyaku zuki + kiai
- ✚ (Version 3) 1.jodan haiwan uke 2. chudan morote uke 3. sukui uke 4. chudan gyaku zuki + kiai

Conclusions

During the lessons with the students of the University of Bucharest, one specific method of training is represented by the exercise of Sambon Kumite – fighting one person with pre-arranged techniques in three steps. By exercising these techniques, student will develop mental capacity, motoric qualities, rhythm, breathing control and also emphasize the training of basic techniques.

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