

Training Details

Class Times

Tuesdays 6.00 - 8.00pm

Training Attire

Karate uniform (*dogi*) & belt (*obi*), bare feet

Training Fees

Membership \$100 per annum (pro rata)
Tuition \$60 per month

Location

116 Northgate Drive Thomastown (MelRef: 9, C10)

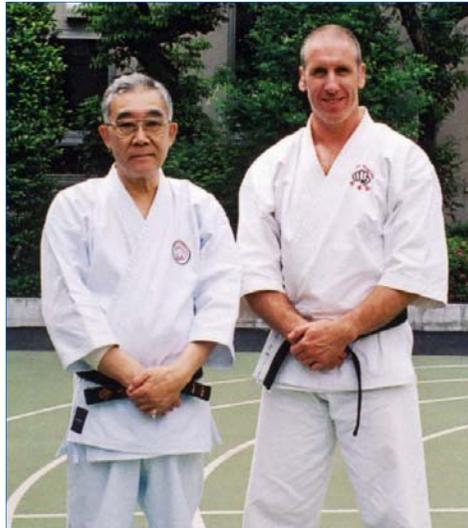


Instructor

The Principal Instructor (Sensei) is Rich Kay. His martial arts achievements include:

- Awarded 6th dan certification in Australia by James Sumarac Kyoshi, 7th Dan Goju-Ryu Kakurinkan
- Awarded Bubushi masters text in Japan by Ohtsuka Tadahiko Hanshi, 9th Dan Goju-Kensha
- Awarded Shido-in teaching licence in Japan by Ohtsuka Tadahiko Hanshi, 9th Dan Goju-Kensha
- Awarded 5th dan certification in Japan by Ohtsuka Tadahiko Hanshi, 9th Dan Goju-Kensha
- Registered with Japan Goju-Ryu Karate Federation
- Trained extensively in Japan and Australasia

Rich is well qualified to teach martial arts, having a unique and diverse range of skills, training and experience. In addition to his study of 'traditional' martial arts (karate, tai chi, hsing-i, ba gua, aikido, bojutsu, iaido, Filipino knife combat), Rich has also studied several 'modern' combative systems, including Systema (Russian Military), Cloquba Hajutsu (US Law Enforcement), SAFTA (US Special Operations), Krav Maga (Israeli Military).

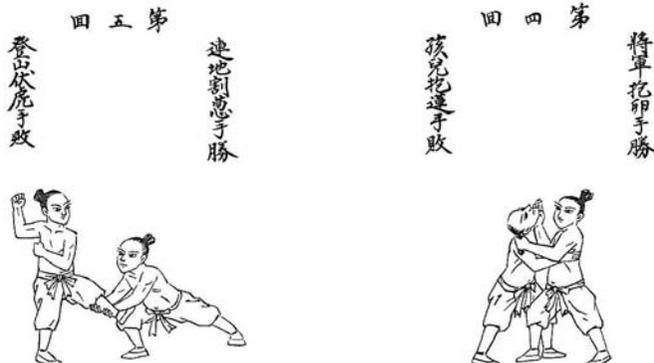


Rich with Ohtsuka Sensei, Japan 2004

Karate

Nihon Goshu Karatejutsu

日本濠州空手術



 116 Northgate Drive Thomastown 3074
 0414 569 570
 rich@moderncombatives.com.au
 www.moderncombatives.com.au

History

Karate (empty hand), the native martial tradition of Okinawa, developed from various systems of Chinese martial arts, such as White Crane and Monk Fist Boxing. Originally called simply *te* (hand) or *toudi* (Tang hand), the Okinawans evolved the Chinese martial traditions to suit their own culture and physiques.

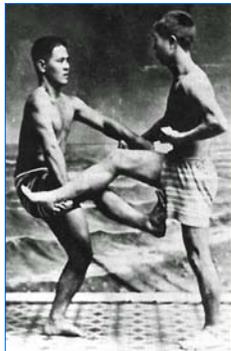
The original purpose of karate was for combat, and training was extremely severe and taken very seriously. Training was often conducted secretly, with the focus on developing effective combat skills for self preservation.

Early in the 20th century, karate was introduced to the Okinawan education system as a means of physical exercise. Teaching methods were changed from small-group instruction to large classes with many students, and the training focus changed from lethal combat to physical development for health. As such, much of the combative content was modified in the curriculum.

Over time, much of the original tradition and methods became lost and confused, with many people mistaking the 'mass-produced' karate with genuine authentic karate. As karate spread to Japan, it was imbued with Japanese bushido culture and further adapted to create sport (*kyogi*) karate and health (*kenko*) karate.

However, some teachers (*Sensei*) maintained authentic karate traditions, and there has been a re-emergence of genuine combat (*bujutsu*) karate taught with traditional training methods.

Nihon Goshu Karatejutsu continues these karate traditions, as passed to us by our teachers, providing you the opportunity to study authentic karate using traditional training methodologies.



Philosophy

Our name translates as:

Japan (*nihon*) **Australia** (*goshu*) **Empty** (*kara*) **Hand** (*te*) **Techniques of Self-Protection** (*jutsu*).

The system was established as a vehicle for sharing the teachings and philosophy of Ohtsuka Sensei with others keen to understand authentic karate.

Our objective is to deliver authentic martial arts instruction to people interested in learning the power of combining mind and body in a complete empty hand self defense system.

The emphasis of our training is as a system of effective self defense and personal development, not the diluted 'modern' version of karate. We operate under traditional principles (*dojo kun*) associated with professional and authentic instruction:

- Karate begins and ends with respect and courtesy
- There is no first attack in karate
- First know yourself, then know others
- Mental technique before physical technique
- Keep your mind open and relaxed
- The world is your dojo
- Don't think about winning, think about not losing
- Respond in accordance with your opponent
- Use natural strategy, posture and weapons
- Kata is fixed, combat is fluid
- Train mind and body to cultivate a strong character and an indomitable spirit



Training

Our training syllabus (*keiko*) is diverse, and covers all the components of traditional authentic karate:

- *Junbi undo* (preparatory exercises)
- *Hojo undo* (supplementary exercises)
- *Kokyu waza* (breathing techniques)
- *Kihon Waza* (basic techniques)
 - *Atemi waza* (strikes)
 - *Keri waza* (kicks)
 - *Uke waza* (blocks)
 - *Dachi waza* (stances)
 - *Tenshin waza* (movement)
- *Kata* (forms) & *Bunkai* (applications)
- *Taijutsu Gogei* (5 techniques of unarmed combat)
 - *Atemi waza* (strikes & vital points)
 - *Nage waza* (throws & takedowns)
 - *Gyaku waza* (joint locks & reversals)
 - *Katame waza* (pins & hold-downs)
 - *Shime waza* (chokes & strangulations)
- *Goshin-jutsu* (self defense applications)

Keiko also includes intensive study in these systems:

- *Naha-te* Goju Ryu, Aragaki Ryu
- *Shuri-te* Shorin Ryu
- *Hakutsuru* White Crane Gong Fu
- *Nei Chia* Chinese internal arts

Due to the nature of training, minimum age is 18yo.

The central theme of our *keiko* is authentic karate as expressed through the *Bubishi*.

Considered to contain the essence of traditional karate teachings, the *Bubishi* text was passed from Master to senior student for centuries.

Ohtsuka Sensei is a world renowned *Bubishi* expert.

