

Mike Williams Sensei

Seito Shito-ryu Karate

Inspired by the late Kenzo Mabuni Soke, Mike Williams Sensei is dedicated to promoting the pure form of Shito-Ryu in Australia

Mike Williams Sensei became involved in martial arts as a teenager when he trained in jujitsu with Jan De Yong at a local community centre in Spearwood, Western Australia. In 1984, he started to train in Hayashi-Ha Shito-Ryu Karate-Do. Mike stayed with Shito-Ryu Karate-Do and was awarded the rank of Black-belt.

In 2001, Mike decided to try to get to the source of Shito-Ryu Karate-Do and as a result of his research, he was able to make contact with Shihan Kazuo Sakai, the Secretary General of Shito-Ryu International Karate-Do Kai in Osaka, Japan. The organisation was headed by the late Kenzo Mabuni Soke who was the son of the founder of Shito-Ryu Karate-Do, Kenwa Mabuni.

After corresponding with Sakai Shihan for over a year, Mike received an invitation to travel to Japan and visit Sakai Shihan.

This was the beginning of a new chapter in karate training for Mike and the achievement of a 19-year goal to train in Japan. During his trip, he had the honour of a personal meeting with Kenzo Mabuni Soke at his home. This was

an unforgettable experience which included visiting the Honbu Dojo originally built and used by Master Kenwa Mabuni.

On returning, Mike was advised that he had been accepted as the representative and Head Instructor for Shito-Ryu Australia Karate-Do Kai. The appointment was made by Kenzo Mabuni Soke.

Mike still regards himself as a student. He continues to study and practice under the tutelage of his Sensei in Japan as well as carrying on his mission to promote the *Seito* (pure/unchanged) Shito-Ryu as taught by the late Kenzo Mabuni Soke in Australia.

He has competed in local and national tournaments in both karate and kobudo and placed third in Team Kumite and third in kobudo (weapons kata) at the Mabuni Cup, which was a National tournament held at the Wrest Point Casino in Tasmania.

Mike now prefers to channel his energies into teaching, however did compete at the fifth International Shito-Ryu World Championships, held in Osaka, Japan in July



2005 along with five of his students who travelled with him.

He currently holds a Level 1 Coaching Accreditation through the Australian Sports Commission National Coaching Accreditation Scheme as well as Certificate IV in Sports Coaching (martial arts) and Certificate IV in Assessment and Workplace Training. Mike holds a 4th Dan rank in Seito Shito-Ryu, which was awarded in Japan by Mabuni Soke.

The Williams Family Karate Academy in Perth, Western Australia is the Honbu Dojo for Shito-Ryu Australia Karate-Do Kai and caters for students from the age of four years and up.

DEFENCE



Seito Shito-Ryu Karate-Do

The aim of Seito Shito-Ryu Karate-Do is "To honour the moral principles of Shito-Ryu Karate-do founder Mabuni Kenwa Sensei and his successor Mabuni Kenzo Sensei; to carry on the grand inheritance of Shito-Ryu Karate technique, spirit and accurately present it to the next generation by handing it down correctly. Always practise *go do shin*."

Shito-Ryu Australia Karate-Do Kai passes on this teaching and promotes the five-fold path of Shito-Ryu (*go do shin*):

- Will – try your best
- Moral Virtue – be courteous
- Development – strive to improve and grow
- Common Sense – be practical
- Peace – keep harmony in life

The system has five basic defence principles known as *uke no gogenri*:

1. *Tenshin* – body-shifting to avoid attack
2. *Ryusui* – gain an advantage by flowing with the attacker's movements
3. *Kushin* – use correct posture and movement for control strength and balance.
4. *Rakka* – execute a blocking technique so strong it defeats the attacker's will to continue
5. *Hangeki* – meet an attack with a counter-attack.

Another important concept is *tenshin happo*, the eight directions of movement, which is also encompassed in the training.

MULTIPLE

WEAPON

GRAB

KICK



The aggressor (Tony, on the right) is threatening Mike.



Tony escalates from verbal assault to a physical attack, stepping in with a push to Mike's chest...



...then following through with a right elbow-strike. Mike moves his right leg and simultaneously deflects the attack with his right hand...



...then covers with his left palm and grabs the striking arm at the wrist with his right hand.



Mike takes the striking arm behind Tony's back and applies an arm-lock.



Mike then takes a step back to take Tony off balance...



...and completes the takedown.



Mike steps away in a guarding stance to assess the situation.



TRAINING

DRILL

Tenshin happo training drill

Tenshin Happo is a *kihon*, or basic drill, used to practise one of the five principles of Shito Ryu Karate-Do Uke No Gogenri, or Five Principles of Defence. The principle being studied is that of body-shifting to avoid an attack.

The defender must practise to move out of the line of an attack and at the same time apply a block and counter. However, timing and distance are also an integral part of properly mastering the concept of tenshin happo.

The sequence shows each of the eight directions of movement using right or left punches as the attack. The attacker must focus the attack directly at their partner and apply a strong, focused, but controlled attack. This gives the defender the opportunity to work on timing and distance. The defender must move when the attacker has committed and is unable to change direction. The body-shifting must place the defender in a position close enough to deliver a counter and have the advantage over the attacker.

It is always good practice to try to move to the outside of the attacker, as seen here. This reduces the likelihood of the attacker being able to block the counter. In some cases, it is not possible to move to the outside, and this is demonstrated in technique eight, where the defender steps straight towards the attacker. Timing and distance is more crucial than ever.

There are no set attacks or defences and ultimately, the concept of tenshin happo is transferred to kumite, both pre-arranged, such as *ippon kumite*, and free sparring. **IS**



1 Sensei Mike steps forward with a right punch; Ingrid steps to the left in *shiko-dachi* stance and blocks with left palm-block and punches with a right.



2 Mike steps forward with a left punch; Ingrid steps to the right in *shiko-dachi* and blocks with right palm-block while simultaneously punching with a left.



3 Mike steps forward with right *jodan-tsuki* (high punch); Ingrid steps directly back and blocks. Ingrid slides her front foot forward and counters with reverse-punch.



4 Mike steps forward with right *chudan-tsuki* (middle-punch); Ingrid steps back to the left and blocks right in cat-stance, and fires a front-kick with her front foot.



5 Mike delivers left *chudan-tsuki*; Ingrid steps back the side (right) and blocks left in cat-stance (*nekoashi-dachi*), and kicks *mae geri* front kick with front foot.



6 Mike punches left, Ingrid steps forward to the side (right) and uses right palm-block while simultaneously punching left *chudan gyaku-tsuki* (reverse-punch).



7 Mike punches with right *jodan-tsuki*; Ingrid steps forward to the left and uses left palm-block while simultaneously firing a right reverse-punch.



8 Mike punches right *jodan-tsuki*; Ingrid steps forward into *shiko-dachi* and blocks right, followed immediately by a right back-fist strike to the bridge of the nose.

Traditional Karate



Shito-Ryu Australia Karate-Do Kai

系東流豪州空手道会

Fitness – Focus – Confidence and Self Defence

Specialised classes for 4 to 6 Year Olds, 6-12 year olds, Adults/Teens



Kenwa Mabuni is the founder of Shito-Ryu Karate-Do which is one of the four main styles of Karate in Japan, he is the founder of Nippon Karate-Do Kai with the Kensyukan (honbu) Dojo in Osaka, Japan. After the death of Kenwa Mabuni, the original dojo and Nippon Karate-Do Kai was passed onto his second son, Kenzo Mabuni Soke. Today the original Curriculum of Kenwa Mabuni is still taught and is referred to as Seito (pure or unchanged) Shito-Ryu Karate-Do.

Sensei Mike Williams is the official representative of Shito-Ryu Australia Karate-Do Kai having been appointed by Kenzo Mabuni Soke after they met in Japan.

We are currently seeking State representatives. If you are interested in being appointed as the official representative for your state please email sensei@ozkarate.com for further information.

Applications are now invited from instructors and organizations to become affiliate members of Shito-Ryu Australia Karate-Do Kai. The benefits include:

- Learn Traditional and unchanged Shito-Ryu as taught by the founder Kenwa Mabuni
- Retain your own dojo name and full control or become a branch dojo with full support, your choice!
- Receive training in Seito-Shito-Ryu Karate-Do in Australia from a qualified instructor trained and graded in Japan
- Black Belt Menjo (certificate) registered and issued from Japan by Mabuni Soke
- Special Instructor and Club prices on uniforms and equipment from www.kaizenmartialarts.com.au
- Opportunity to study and receive Government recognized instructor qualifications

New Honbu Dojo for Shito-Ryu Australia Karate-Do Kai is situated at 1/18 Biscayne Way, Jandakot, Western Australia.



www.ozkarate.com