



Goju Ryu Shimbukai

BROWN BELT FACT SHEET



The Dojo Is Your Science Laboratory

Do you find yourself using the same 3 or 4 techniques? attacking with the same 1 or 2 combinations? Using the same defensive strategy? **There are no trophies for winning in the dojo.**

The dojo is your science laboratory where you experiment to develop new formulas, new techniques and strategies.

Having reached Brown belt, you are permitted to start using new techniques. Start experimenting with new combinations.

Karate is about learning to control your ego.

Be prepared to take one step backwards in order to take two steps forwards.

Stay Focused on What Works for you.

Only experiment with new techniques, but you still need to stick to what works best for you. It is a great idea to try new things to develop, but don't forget what works in self-defense for you.

The principles we have discussed since your first day of karate are what work best and should make up at a major part of your kumite.

A few examples are:

- **Attack with kime.** The more techniques you put together the less kime each technique will have.
- **Weight distribution.** Your whole body should be involved in each strike. And immediately after striking the whole body should move out again.
- **Attack with footwork and use stances.** Never run, it has less reach, less power and leaves you open to being tackled to the ground.
- **Zanshin.** Chasing an opponent across the dojo with 20 punches show little zanshin. Attacks followed by zanshin are far more effective.

Work on Your Weaknesses

It's a natural human tendency to practice most often...

- i) The things we are good at: This is because they make us feel good about ourselves and our abilities.
- ii) The things we enjoy: It's a lot easier to be motivated by something we enjoy.

Use Circles

We have all seen boxers circle one another, the very same principle applies in karate, circling an opponent and waiting for the conditions to be perfect is the ideal way to strike.

- Take Your Opponent Out of Stance.

If one person 'acts' by circling around, the opponent must then 'react' by adjusting out of their stance.

- To Control Distance.

One of the requirements for a successful attack is to launch from perfect distance.

