



Goju Ryu Shimbukai



RED BELT FACT SHEET

During your karate journey you have experienced times when you are not improving, but you didn't give up, you have now achieved your Red belt, For that, congratulations

Now you need to wait even a longer time between gradings, also fix all of your Katas, develop smoother, faster and more explosive movements.

At Red belt your focus should on refining all the karate principles and techniques you have learnt.

It is also time to start developing your ability to apply some of the kata combat principles to practice.

If you really wish to develop your kumite skills start training at home.

- Shadow sparring: Moving around in a small space and sparring an imaginary opponent.
- Footwork drills: Using different footwork drills focusing on staying low, and in a well-balanced in stance.
- Breathing: Training for half an hour or longer on at home will test your fitness.
- Attacking drills: Your favorite drills can be done slow, medium and fast multiple times so they become natural.
- Energy conservation: Enormous amounts of energy are wasted through tension. Students often say, "I'm not fit enough." But it is not their fitness, but rather the excess energy lost through excess tension.
- Speed: Tension in the body is like driving a car with the hand brake on. Learning to relax.
- Power: Power comes from the combination of both mass (weight) and velocity (speed).

Kumite is a physical expression of your karate. It allows you to demonstrate your knowledge of technique and strategy.

Gekisai Dai Ichi Kumite:

While you may not be an expert, a Red belt should be able to demonstrate the principles of the kata in their kumite.

Saifa Kumite:

With different types of movement and principles, a Red belt should be able to demonstrate to some of Saifa in their kumite.



Never Forget: Karate Begins with Rei and Ends with Rei

Having reached Red belt, it's likely that your kumite will start. It's important during these times to remember that 'Karate begins and ends with rei'. Rei, represented by the bow, represents courtesy and respect. » This is not only an important concept to remember for kumite, but for our lives in general.