



The Central Principles of Karate-Do Seminar Series

Although there are many styles (or schools) of Karate, **there is only one Karate-Do**. A single set of principles permeates all of Budo (martial arts). Frankly, you have not mastered your art until you know and use these principles. The goal of these seminars is to help you understand, experience and incorporate the central principles into your Karate.

The principles will be taught using sets of techniques and parts of kata or exercises common to most modern Karate and martial arts. Our goal is to help you understand the principles and applications of the forms you already know.

No matter what style you practice, you will gain a new, deeper understanding of your Karate or martial art.

Seminar # 3

The Central Principles of Karate-Do: Striking, Kicking and Blocking

The core principles of punching, striking and kicking with your whole body are central to any classical martial arts. The first portion of this seminar will focus on how to generate and transmit “whole body” force through your strikes. We will cover a series of exercises that once you start using them will double or triple your punching power within a very short time. In the second portion of the seminar we will continue learning how body position and movement form the core of what we usually describe as blocks. In fact, these principles not only deflect or avoid an enemy attack, but they are also key to setting up your body for striking or kicking. In the final portion of the seminar, we will explore how everything fits together to make a complete fighting technique and how you can practice integrated techniques.

Who should attend this seminar?

Anyone from any style who has achieved a solid background in basic striking art movement (typically brown belt and above) should attend. This is really not a seminar for beginners. You do not need to know a lot of kata or any particular style. We will only be using parts of kata as exercises and techniques to practice the central principles. In fact, this seminar should help you understand the practical use of kata or formal exercise in training.

The Instructors

The instructors will be **Dean Gordon** (Utica, NY), **Paul Fracchia** (Queensbury, NY) and **Dudley Moon** (Albany, NY). Each of these individuals has taught Karate for over 40 years and they are licensed teachers (shihan) of Shito-Ryu Karate-Do. They were direct students of Kenzo Mabuni, the 2nd generation headmaster of the mainline (seito) Shito-Ryu Karate-do. While grounded in traditional Budo, these instructors have a distinctly American approach to education in Karate-Do. Their goal is for each serious student to truly master Karate or their martial arts and really make it their own.

Where: The Karate Center (Fracchia Dojo)
324 Quaker Road, Queensbury, NY 12804-1544

Phone (518) 792 - 6094

When: Saturday, January 28, 2012

Time: 1:00 - 4:00 pm

Cost: \$ 20 per person