

### **Asai Sensei's Karate is Different!**

The reader shouldn't misunderstand this, however. Asai Sensei can do Karate that people would consider standard throughout the world. However, Asai Sensei has gone past that. To understand this, let's look at Asai Sensei's development throughout his Karate life. He studied at the famous Takushoku University Karate club. He also had many competition successes, including becoming Grand Champion (Kata and Kumite) at the 5th ALL-Japan Championships. From this success he then went on to teach many hundreds of thousands of students throughout the world, becoming a hero of traditional Karate.

This traditional Karate was used as a foundation for his future developments. As Asai Sensei travelled the world he gained a wealth of experience from other country's fighting systems, allowing him to build on his foundation and create his own, unique style. He has endeavored to make his body as supple as a willow tree to maximize the efficiency of his style. However, to take his Karate to a higher level he has found it important to not only develop the torso, but also the head, arms and legs. From the development of each body part, his technique can spring forward like a "Thunderous Storm". By developing the torso, arms and legs separately, it's much more difficult for an opponent to see an attack coming. Combine this with Asai Sensei's lightning speed, and it makes for a deadly combination.

This special training has allowed Asai Sensei to increase his strength to levels that some people would think of as super-human. However, these techniques are separate from Shotokan-Ryu, they are Asai-style Karate. Therefore, from this point onwards we would like the reader to put aside all their pre-conceptions of what Karate is. Only by doing this can you learn Asai Sensei's Karate.



## History of Asai Sensei

Asai Sensei has spent almost his whole life searching for "The Way". His Karate path has been likened to a "Thunderous Storm". He says "People should forget everything and jump head first into what they want to do. Although, the average person can't comprehend such a way of thinking, or to be in such an environment, it is this type of environment, however, that is most essential for one's success." Actually, it is unusual for Asai Sensei to talk a lot. However, if you look into his eyes you can understand the depth of his knowledge. He has very penetrating eagle eyes, which reflect the unbelievable relentlessness of his training. From long ago people have been afraid of and in awe of Asai Sensei's Karate. They were often amazed at his jumping ability, being able to reach great heights from a standing position.

Asai Sensei was born in 1935 in Ehime, Shikoku prefecture, Japan. He would later become famous throughout

the world of Karate. His father was a policeman, and Asai Sensei is the oldest son in the family. Being raised in the countryside, Asai Sensei grew up to become a very strong, fast and energetic young man. As a young boy he often practiced Sumo, sometimes competing in the traditional five man challenge, and winning every time. From his father he learned Judo, Kendo and the Spear. Even at this young age his athletic ability was easily recognized. After being thrown Asai Sensei would always land on his feet. A pivotal point in his life came when he was 12 years old. One day he saw a boxer fighting a Karate-ka, in a real fist fight. Not so important as to who could win such a match, however, what was forever instilled in Asai Sensei's mind was the Karate-ka's kick that disabled his opponent from further attacking him. Thus the image of Karate being strong was etched in his mind. This event happened just after the end of the Second World War at a time when the Japanese community was uncertain about their future. People didn't know what was right anymore. Fighting and theft were common events within that society. Asai Sensei wanted to be both physically and mentally strong. So he started to train Karate.

The next turning point in his life occurred one day when walking to school along with a friend. As they walked near the school, they both noticed a man in a Dogi (Karate suit), practicing Karate. Silently, Asai Sensei was amazed by this man's strength. He also thought to himself that this person appeared stronger than him! As that thought was going through his mind, his friend made the following comment: "Ah, he is from the Fighting University Karate Club. The Takushoku University Karate Club". From that moment on, all what Asai Sensei could think of was how to enter Takushoku University in order to train on their Karate team. Asai Sensei decided to study very hard in order to pass the Takushoku University entrance examination. Despite hating to study, 6 months later, Asai Sensei passed the entrance exam and was able to enter Takushoku. Takushoku also highlighted Asai Sensei's great determination. Most people can't sustain such a path. 150 people started with Asai Sensei at the Karate club, but within a month it had been reduced to a handful. There was no

happiness in the dojo, or at the university at large, just training, but Asai Sensei persevered and soon he was allowed to live at the Karate dormitory. It was a great honor to be allowed to live there, as all of the renowned Shotokan masters attended and trained Karate at Takushoku. Asai Sensei, despite the hardship, was happy as he had a chance to become really strong, and others were amazed by him, claiming the only time he never trained was when he ate or slept.

Asai Sensei graduated in 1958, and Nakayama Sensei insisted he must continue his Karate. In fact, in a joking manner, Nakayama Sensei told him that he couldn't do anything but Karate! So he entered the Kenshusei program (Instructors Course). It was the golden age of the JKA, with many strong and different characters. He could train with these people daily and it cemented his decision to follow the Karate way throughout his life. This hard training paid dividends and in 1961, in front of the crowned prince, Asai Sensei became grand champion (Kata and kumite), beating the favorites, Mikami Sensei and Shirai Sensei.



## **Part 1. Taiwan: The Strongest Martial Art**

### **Challenge**



Hawaii  
 Top Photo, From 1962. Asai sensei's technique had already become a little different due to the fact that he had already travelled to many countries learning many techniques

Asai Sensei was the first person to take Karate to Taiwan. Because the roots of Karate are firmly based in Chinese Kempo, at that time, Karate wasn't welcome in Taiwan. Asai Sensei constantly faced challenges from other martial artists, and they were very troublesome. The reason being that if he won, everyone would hate Karate. If he lost everyone would think Karate was weak. However, he couldn't lose on purpose. Therefore, if his challenger was determined to fight, Asai Sensei demonstrated his awesome ability, but he never caused any severe or permanent damage to his opponent. Therefore he was successfully walking the political tightrope. To further promote Karate in Taiwan, he often did Karate demonstrations on TV. At the time these demonstrations were broadcasted, people would gather on the streets to watch them on whatever televisions were available either in shops or in restaurants.

One day Asai Sensei was invited to dinner by Mr. Lin, the most senior instructor of Crane Kung Fu in Taiwan. Mr. Lin's assistant was Asai Sensei's wife's brother. Mr. Lin was a very warm, soft spoken polite man. During the party, and while sitting down at the table, over dinner, the most amazing phenomenon occurred. Mr. Lin's eyes glittered with almost a "thirst-for-blood" look. At that moment Mr. Lin aggressively attacked Asai Sensei with his fists. Mr. Lin Kiai-ed a few times and his veins in his forehead became visible as a result of that situation. Asai Sensei deflected, and neutralized all of Mr. Lin's attacks. None of these attacks were ever successful in touching Asai Sensei's body. Throughout this whole event, Asai Sensei kept his calm, always smiling, with one hand in his pocket, while the other was doing all the blocking! Mr. Lin continued to test Asai Sensei's defenses, but eventually he realized it was futile and gave-up, immediately returning to his relaxed happy persona. Later, Mr. Lin explained that the reason why he went through this fist fight was to see if Asai Sensei was worthy to teach his Senior Crane Kung Fu students, who had now been studying with him for over 20 years, Karate.

If Asai Sensei was weak, Mr. Lin had planned to destroy him. However, Mr. Lin, who was 60 years old, said that he had never met anyone who could deflect his attacks and he was surprised that such a young man (Asai sensei was 26 years old at that time) could have such power. After that, the party continued with a joyful time until the morning. Also Mr. Lin insisted that all his students must continue to study Karate at Asai Sensei's Dojo. This recommendation helped a lot. Challenges to Asai Sensei became less frequent and the Taiwanese Martial Arts community opened up to him.

Building on this success Asai Sensei then moved to Hawaii, where he continued to teach Karate. He also travelled the world extensively, bringing his own brand of Karate to hundreds of thousands of people. Finally, he returned to Japan to become the technical director of the JKA.

In the year 2000 Asai Sensei created the Non-Profit Organization Japan Karate Shotokai, as a way to further the development of Karate. His focus is on spirit development and not just technique development. He strongly believes in developing one's spirits as a way to kindness and respect towards other people. In addition, he has created wheelchair Karate as method for introducing Karate to all people regardless of any disabilities they may have. He believes through that this Community Service, Spirit-Development will be the same for everyone and not only the physically talented or physically fit.

And still, after 50 years of training, Asai Sensei still strives for the perfection of his Karate. Every morning, 365 days a year, at 5am he follows a strict 2 1/2 hour training routine. "Maybe people think that this is hard work, but to me this is very natural. Self-Training is a method of pushing myself to the limit and learning new things about my own Karate. The day when my Karate Spirit and Technique stop growing is the day that I will pass on from this earth. It is for that reason that in ten years my Karate will be better than today. So every day I must continue to train as a student." After so long Asai Sensei sees this training as a natural part of life, again a quality that sets him apart from most. His Karate development rate is perhaps similar, if not faster, to that of a bullet train: always increasing in speed. Continued training is of the utmost importance. He also said, "Equally as important is to create your own training method to match up to your own physical level. Over the course of 365 days, we must

make today's techniques better than yesterday's, and tomorrow's better than today's." This is the true spirit of a Karate-ka.

## Part 2. Asai Sensei's Thunderous Storm



The secret to Asai Sensei's Karate is in his soft joints. He says that as people get older their muscles slow down, therefore, their speed and power is also reduced. This is a natural process that occurs to all people as they increase in age. Asai Sensei, however, reversed this process through the application of new techniques and methods that he personally developed.

Joint power is stronger than muscle power. Let me explain to you the characteristics of Asai Sensei's technique. Asai Sensei says: "Joints are most important. I can use my joints freely from any stance in any way I want to meet any situation that comes before me." The following is a question and answer section with Asai Sensei.

Q. "Asai Sensei What is a joint?"

A. "Simple answer, a joint is a mechanism that rotates, and through this rotation it allows for extension and retraction."

Q. "So how do we apply this snapping joint technique?" A. "If we take the simplest Karate technique, the straight punch, most people just

concentrate on power going in a straight line. However, we must concentrate on the shoulder and elbow to push and twist the punch forward. The direct movement forward becomes secondary to the twisting penetrating power of the shoulder and elbow. (First and Second Photo, A and B.)

Let's think of a Nunchaku. A Nunchaku, consisting of two pieces of wood connected by string/chain, it has no muscle in and of its own. What makes it powerful is the method in which it is used. In Picture C, below, we see that the Nunchaku is used in the same manner as a whip. It is that "Whipping Action" that generates the power of a Nunchaku. Held on one end and swung forward, then quickly retracted back, will propel the free piece of wood towards its target like a whip. When the end of that piece of wood makes contact with its target, it creates the damage.

So in effect it is the joint-mechanism of the Nunchaku, in this case the string or the chain, that allows for such damage inflicting power at the moment of contact with the target. The same can be seen in Kendo. A Kendo expert, when attacking his opponent with his Shinai (bamboo sword) does not use muscle tension as a method of generating power. He simply relaxes and releases his power by whipping his weapon towards his target. A novice instead, would have a tense grip on his Shinai, reducing power and stability and unable to use the snap of the technique.

Asai Sensei discovered this power generation technique when he was using the "Seven-Jointed Whip", seen in picture D, the last picture below.

Therefore, whether it is a Nunchaku, a Kendo or a Karate technique, we must use the snap of a technique, like a whip. Without this whipping action power and speed will be reduced.

So the more joints you involve in your strike the more power you will generate at the moment of impact with your target. Also, should one be older in age or weak with little ability to generate power, this whipping technique can prove to be most effective because the joints are the essence of initiating that movement."

Asai Sensei further says the following: "Therefore, by softening one's joints and practicing how to use them, one can begin to understand their full range of movement. By increasing this range through practice, one can use this whipping action in one's Karate technique. Therefore, joint power used in conjunction with Back-Power, which is your ability to bend in any direction, twist and turn in any direction, used further in conjunction with your Leg-Power, and your Hip-Power, will enable you to generate the maximum amount of power."

Asai Sensei, today, is able to generate a more effective technique than his younger years because he is not relying only on his muscles to generate power.

The author of this article asked Asai Sensei to demonstrate this method on him. When Asai Sensei did so, with a very soft touch to the author, the author felt an excruciating pain that felt more like the stabbing of knife.

The "Seven-Jointed Whip", in the last series of these pictures, like the human arm, this weapon can be used to attack straight, like a normal forward attack, or to wrap around something, like a hooking attack, similar to the human arm.



### Part 3. Training Methods: Softening your ligaments







Asai Sensei gives the following explanation on what is necessary to develop soft ligaments capable of carrying out the Seven-Jointed Whip-like techniques. He says that we first, must train how to expand and contract our:

- Joints.
- Ligaments.
- Muscles.

Asai Sensei says: "Your method of training, will determine your ability to attack and defend yourself." In addition, he says that: "The joints you train, will further determine your Martial Ability". The most important joints to train are: the shoulders, the waist, hips, knees, ankles, chest, and back, representing the Seven-Jointed Whip. This method of training Asai Sensei calls the "Jyu-Jin-Ho", which translates to Softening the Ligaments.

Q. "Asai Sensei What is a joint?"

A. "Simple answer, a joint is a mechanism that rotates, and through this rotation it allows for extension and retraction."

- I. Asai Sensei style stretching.
- II. Stillness (pushing).
- III. Movement (Rotational movement).

Let us examine those points in more details.

I. Asai Sensei style stretching mainly concerns not only physical extension and stretching of one's ligaments, but also the visualization of the actual ligaments in action, as they are undergoing this extending and stretching process.

II. Stillness mainly concerns joining your internal power with the external power through your breath while visualizing this process in order to train your ligaments. If you do not train in this method, you only train the form of the movement and not the power of the movement.

Look at the following pictures:

1-4: When you straighten your arm, breath-in, therefore also stretching the ligament.

III. Movement deals with training your ligaments through rotational movement. To do so, use of any of your joints such as your ankle joints, waist, upper body and neck as a point for pivoting your limbs on your joints. This will allow your joints to expand and contract thus undergoing this training. Depending on which part you are going to rotate, your movement will slightly need to be altered. Look at the following pictures 5-8.

9-11: This involves movement and turning. We can use all our joints, turning them on an axis, in various patterns. For example opening and closing, making circles and bending and straightening (deciding on the type of stretching exercise, depending on what joint you are stretching at the time).

For example:

- Shoulder joint training (Training the Shoulder ligaments).

Notice your shoulder joint. If your shoulder is stiff, your fist is very slow, and if it is tight, the power remains in your shoulder without reaching out to the target. Therefore it is



very important for you to make your shoulder joint soft, it is very important for your arm technique. Therefore, when you are training your shoulder, you must keep it down while your head is up. Do not fold your neck down, but rather keep it well extended upwards.

Now, please look at the Stretching Diagram above for the shoulder. This is one of Asai Sensei's methods for training your shoulder ligaments. After you look at this diagram, please look at picture 12. Can you try generating power from your shoulder without using all your body? I think, the author says, most people are stiff in the shoulders, and thus their power is weak, for that reason, I introduce to you Asai Sensei's training method, picture 13-15.

If you can use your shoulder properly, then your elbow snap will naturally come out through your back power allowing you to twine your attack around your opponent's his attack. Please look at picture 16-17.

Next look at pictures 18-19. In here your arm, including your shoulder has to be used like the 7-jointed-whip. Although your opponent may block your attack, your arm will strike him in the back of the neck like a whip causing for a strong attack.

About the block, you can block the line of the block instead of the point of impact of the attack, by twining your arm against your opponent's attacking arm, which will later enable you to take him down.

Picture 20-22, show movements of how you can make softness, snap, and power flow from your shoulder to your elbow.

If you train in the softness method in any of the following directions: upwards, downwards, inward, outward and sideways and all possible directions, you will be able to deal with your opponent in any situation from any direction.

Now, after you practice the flowing method, you can look at how pictures 23-25 show one movement with two objectives flowing, a block and an attack at the same time.

### **The whipping action of the legs.**

Now, in the same way you thought of your hands earlier, you must think of your legs. Visualize your legs moving with softness equal to that you visualized earlier for your arms. Like the arm, the leg can also be used like a whip. If we look at photograph 26, this is not simply the leg in a circular motion, but the joints being used like the Chinese 7 jointed whip. Thinking and using the body like this, a kick can be used in many ways. For example photographs 27~ 29 shows a simultaneous block and attack to the knee. There is no pull back of the leg, just one smooth motion. Also, in the same way your arm is able to twine around your opponent's attack, your legs too can similarly do this action while striking your opponent.

Asai Sensei is also capable of kicking from close distances. This is achieved by suppleness of joints and soft techniques. With normal Karate you think about the kick only, while maintaining stiffness in your joints. In addition, Photographs 30~31 demonstrate "Idori", seated method striking, this can only be done if your joints are supple and moving in the method of the 7 jointed whip. After you practice this method, your shoulder movement becomes soft; therefore you must use your soft shoulder for your Karate Techniques.

Photographs 32~33 show Gedan Uke. However, the photographs do not show the softness and fluidity of the technique. In this situation, one must not think that this technique is simply a block. One must adapt to the opponent's movement, therefore a block can become a strike at the same time (photographs 34~35). Your mind must make quick decisions about which techniques to use against your opponent.

Asai Sensei says: "Please use caution while practicing this technique, do it one step at a time until you master it. You must give your body time to practice this method and learn the technique. As you notice, the technique is broken down into multiple parts. You must practice this technique part by part. Practice the parts in the proper order of the technique. And then, once your body can naturally perform each part of the technique, you can put them all together to perform this technique with your maxim speed capacity. If you try to perform it with the maximum speed from the very start, you could cause injury to your body, for you have not allowed your body to learn the proper angles of the motions required for each of the steps that make up this technique."

The ideas that have been introduced thus far are for beginners. Asai Sensei practices a

much more rigorous, advanced, and difficult training. If beginners, including all Karateka from all ranks attempting at this method for the first time, can grasp 30% of the ideas expressed here, then the author believes that it is quite an accomplishment.

### Vital Points (Kusho) and Iron-Sand trained Palm (Tessa-Sho)

"Kusho" is the ability to perform a technique that will "Finish" your opponent a certain time after the attack. The time is determined by the technique. This is referred to "San Nen Goro Shi", in Japanese. "Tessa-Sho" is the strengthening of the palm with all sorts of elements. The most famous of elements used is the Iron Sand.

An explanation of how it is possible using the "Tenketsu Jutsu" method (Vital Point Attack), to take down an opponent no matter how strong their body is, if you attack them lightly using this method.

An explanation of how you can make your palm hard like iron.

Now we will introduce to you how Asai Sensei achieved these abilities through training the softness of his joints. At one time, this was a Secret Method.

### What is Tenketsu Jutsu?



Asai Sensei's technique is very deep. One example of the depth of his knowledge is in his understanding and application of the Tenketsu Jutsu. Tenketsu Jutsu is the techniques of attacking vital points (acupressure points) on the body. In China these points have been used for generations in martial arts, Chigon and holistic medicine. In Karate, however, there are some points that Holistic medicine is not aware of. In Martial Arts, attacking the vital points can cause fainting, numbness and inflict pain on your opponent. He learned this technique in China. These techniques was not taught openly, to their dangerous outcome, however, we asked Asai Sensei to give us a special introduction and explanation of these techniques.

In the human body there are 365 joints, 72 "numbness points", which can cause paralysis and 36 point which cause death. In addition to this, you must know that there is blood and "Chi" (energy) circulating in the body. With this said, now we can introduce to you this technique. If you attack with your finger a certain point at a certain time, the circulation of both blood and Chi will stop, causing numbness

or death to your opponent. Also, from long ago human beings have had natural bio-rhythms. Everyone wakes-up in the mornings, sleeps at night, eats when they are hungry. Depending on the time of day, the blood circulation can vary. Therefore, when you attack a certain point at a certain time, with a certain amount of strength, you interrupt the human bio-rhythm. And then, just like you turn off a switch, the body rhythm is turned off, and that the point of the body starts to decay. The outcome of the attack depends on the strength of the attack.

To the lack of luck to some people, including Martial Art competitors, this type of attack can occur during normal training or at competitions, having the same deadly results without the real intention of the attacker. From a non medicinal point of view, this outcome is simply

due to the fact that the competitor or trainee was hit at a certain point of his body at a certain time of day which caused the interruption of the normal flow of blood and Chi in his or her body. This can also happen to an unlucky person walking down the street who accidentally slips and falls hitting the ground with certain strength, hitting a certain point in his body at a certain time, making him or her unable to move.

In addition, the opposite of this is also true, where this theory can be used for healing if you study it.

However, it is important to point out that the study of Tenketsu Jutsu can be extremely dangerous. In the past this knowledge had been kept secret, only taught to a selected few. Its name had often been changed, to perpetuate its secrecy.

If you want to study Tenketsu Jutsu, you must first study the following 8 points.

1. One must know where the pressure points are. (Place and the organs they are connected to).
2. One must know blood Chi circulation pathways and bio-rhythms.
3. One must know Tenketsu Jutsu theory.
4. One must study finger techniques (Tenketsu Jutsu mainly uses finger strikes).
5. One must master finger striking techniques.
6. One must train one's vision. (You must train to detect the pressure point of your moving target in the dark).
7. One must be able to attack from a long distance.
8. One must learn how to attack, even when the outline of one's opponent is not clear, or when something is in between you and the opponent.



Of course, even if one's opponent moves, one must find the pressure points even if in the dark. By merely using one's eyes this is very difficult; therefore one must use all one's senses to find the target. In order to perfect this, Asai sensei made a life size model of a person and marked all the vital points on it. Using this he was able to practice Tenketsu Jutsu from a variety of angles and positions, not only using his eyes, but his whole consciousness. In addition to that, he uses the shortest and fastest way to hit his target. During Karate demonstrations, Asai Sensei does not hit these vital points, but instead he hits muscle areas on the body of his demonstration subject.

If you perform the Tenketsu Jutsu Technique on an opponent and use only one finger; you will hurt yourself eventually because of overusing your finger. Therefore, to maximise the efficiency of your finger attack, you must know when your opponent is at their weakest moment so that you would not have to utilize much force. Therefore you must be

able to catch the moment when your opponent is at their weakest point. You have to get the maximum effect using the minimum amount of power. For example, when humans inhale, they are at a weak moment. If you notice, a good attack is performed at the moment of exhale. Therefore, attacking your opponent at their moment of inhale, will require less strength and power from the attacker, and still result in the maximum effects.

When you attack the pressure points, not only strike, but also twist your strike 45 degrees clockwise or vibrate your finger, at the moment of impact. You can choose from a variety of techniques depending on the point you are attacking and the outcome you desire. (Strong, weak, deep, or shallow). Mr. Asai says that Tenketsu Jutsu not only has techniques for attacking vital points, but also it has methods for attacking the pathways that connect these vital points. The Center of the front part of the body is called: "Nimyaku". The Center of the back of the body is called: Tokumyaku." Using the knife edge (Shuto) of the hand and the forearm of your hand (Naiwan) you can cut the line of Chi and blood circulation.

Review: Tenketsu Jutsu technique believes that the human body has a pathway of Chi flowing down the centre of the body. This is called the "Ninyaku". It is also believed that there is a pathway of Chi flowing down the back, called the "Tokunyaku". If these lines are attacked, then it is easy to stop the bio-rhythms and circulation of one's opponent. This can be done with shuto or a cutting action with the open hand.

### **How to make an "Iron Fist"**

Referring back to point 8, even when one can't see one's opponent, one must train one's hands and fingers so that it is possible to attack through things. This is called "Tesasho". When people want to study tenketsu, they start training Tesasho to train the edges of their bodies such as the fingers.

This idea has its origins from centuries ago "When a fist is strengthened it should be so hard that it can break a tigers head, and your knife hand should break the cow's neck."

Asai Sensei believes that this is going too far, but through this training, Asai Sensei has been able to break iron bars with his fingers. Therefore, using the "iron fist" against the 36 deadly pressure points is very destructive indeed.

### **Tesasho Training Methods**

The very basic training method of Tesasho is very similar to karate makiwara training. However, in Chinese Kempo, depending on the style, there are many different training methods. Some start by digging their hands in a pouch big enough to fit one hand, while others dig their hands into baskets. The contents of the pouch or basket is initially sand and then moves to much coarse material such as green beans, iron sand, and Chinese medicine herbs, which help strengthen the hands. The formula of the herbs, however, is a closely guarded secret, and therefore cannot be found outside of China. Therefore, Asai Sensei has to use the other methods.

When you are training Tesasho, there are many precautions to take. It is necessary to soak your hands into liquefied Chinese medicine after your training. When you are young, your hands and blood circulation might not be affected by this type of training. As you get older, however, soaking your hands becomes vital in order to help regain normal blood circulation into the areas you are training. Failure to do so will result in lack of proper circulation into those areas, which will result in the occurrence of a cold feeling of numbness in those parts.

When Asai Sensei did not soak his hands in this medicine, he had eye problems. When a Chinese Martial Artist friend of Asai Sensei noticed that Asai Sensei was having problems with his eyes, he asked him "Why don't Japanese Martial Artists care to soak their hands in this medicine?" He then proceeded to offer Asai Sensei the medicine as a gift. Since then, Asai Sensei has brought this medicine with him to Japan, and uses it after training. That liquid medicine contains about 50 different kinds of Chinese herbs. This medicine is also used to help the healing of bruises that occur during training. Asai Sensei says that you must gradually build up your training. In other words do not start with the coarse material first. Instead, first start with sand, then rice, then beans, and then you can move to iron sand...Asai Sensei saw martial artist hitting bamboo hung from the wall with their hands. Asai Sensei also suggests to the readers that they can start by hitting their hands from all angles against their own legs. This also will condition your legs at the same time. This way, in the beginning your hand feels little pain, and your fingers become soft. The hand is very sensitive, and contains many joints. If you want to be able to use it as a weapon, you have to train it in order to develop strength

in it. You also must learn how to use it, how to hit your target, otherwise you will hurt yourself. If you hit hard objects from the start without this gradual build up of strength in your hands, and without the use of the herbal ointments afterwards, you will hurt your self. In fact Asai Sensei considers that to be unhealthy as you get older in age.

You have to understand that this training will be done over a long period of time. You therefore must train in the correct way. After three to six months you will start to see the effects of your training. However, to turn your hands into a weapon, many years of training are required.

#### Part 4. Technique

**Asai Sensei's technique has no Beginning and no Ending. It can be used any time and in any situation.**



第1章 技術

始まりがなく、終わりが無い。  
ゆえに、いかなる状況でも叩攻撃可能！

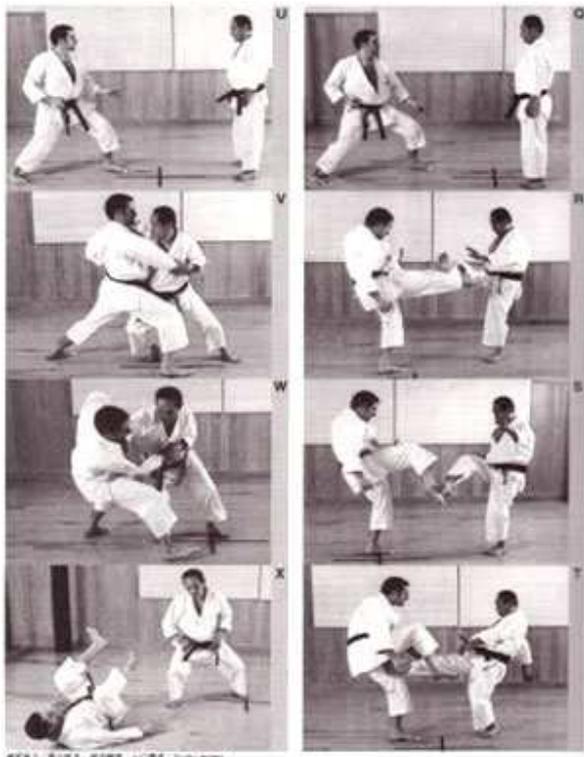
武術とは、実戦選手を戦者は存在しない、と云う流野良。流野良の技術は一行必勝。それでも倒れなければ、次の攻撃がすぐさま入る。倒れゆく相手の首に獲る種痘は、血氣活量の弱さを消えた流野良の獲者のみだ。

いつだって、いかなる状況でも叩攻撃可能！

叩攻撃とは、相手の首に獲る種痘は、血氣活量の弱さを消えた流野良の獲者のみだ。

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Asai Sensei says that in true original martial arts there is no flamboyancy, no unnecessary movements. He says that there should be one attack that "finishes" your opponent. When Asai Sensei attacks his opponent, if his first attack does not stop his opponent, then the opponent will be "finished" by Asai Sensei's second attack. Opponents of Asai Sensei do not see his attack; however, they only see the Zanshin of his thunderous storm-like attack. (Zanshin is the term used to describe the ending posture of an attack.)

It is impossible to know when and where Asai Sensei's technique will come from.

An essential element of Asai Sensei's technique is that it follows no specific rhythm. This disables his opponents from finding his timing or the rhythm of his attack. It is for this reason that Asai Sensei's attack has no specific beginning and no specific ending. This means that he is capable of attacking at anytime, in any situation and from any angle using the joint techniques we discussed earlier. Once we see this it is

easy to understand why his nickname was "Thunderous Storm".

There is a method of breathing, that Asai Sensei uses, which is closely related with the movement method. In an exaggerated way, you must stop, or hold down your breathing while you train. Because if you stop your breathing, your muscles will tense, and you will lose your softness. So you must train to maintain your softness when you hold down your breathing, breathing as little as possible. So, Asai Sensei trains for 10 minutes while holding down his breathing.

First let's try it:

For the sake of readers who are finding it difficult to follow Asai Sensei's ideas, we will illustrate some of them here.

Picture A:

Use the knee to attack the pressure point which is one inch behind the elbow.

Picture B+C:

The inside or outside of the knee can be attacked two inches above the knee.

Asai Sensei's movement stems out from the softness of his joints and his knowledge of all the joints. However, this cannot be demonstrated in the pictures. Also, you cannot know which part of his body is using the softness technique. So, at this time we ask Asai Sensei to demonstrate this unusual Karate.

Pictures A-D :

The opponent punches jodan tsuki. The defender pulls in the attacking punch while, with the right heel, pulls quickly the attacker's left leg, setting it straight on the floor. Then Asai Sensei, using his left knee, pushes the opponent's pressure point on the inside of the opponent's left knee (gently, for demonstration purposes). Then, Asai Sensei pushes his opponent's body towards its weakest direction.

Asai Sensei's power does not originate from one source. He makes his whole body and his joints very soft and supple. This gives him back power, leg power, hip power, plus the power he can generate from the snap of his elbows and shoulders. All of these sources are at his disposal, and he will use them naturally, without any wasted energy, depending on each situation.

Pictures E-H :

Using the whipping technique, Asai Sensei deflects his opponent's gyaku tsuki. Then, that same defensive move, becomes a whip like attack to the opponent's Carotid Artery, the side of his neck. And last using his arm he pushes the attacker down to the floor.

Pictures I-L:

You step back in order to perform a technique, however, not for escaping. You have to maintain the pressure of your intention forward. Then you must enter your opponents guard, grab the shoulder and elbow joint, and then push them in the weak direction. You have to recognize the correct pressure point positioning of your opponent.

Pictures M-P:

Grabbing your opponent's Jodan tsuki you turn the body and pull through and throw. Here, you use the opponent's speed to turn it against them. At that time, do not tighten your body. If you keep your body soft, you can use a little bit of movement to destabilize your opponent's center of gravity.

Pictures Q-T:

Use your right leg to block your opponents kick. Without putting your leg down kick your opponent in the groin area. This is the application of the 7-jointed whipping technique of the leg.. Asai Sensei can attack the groin area from any direction in any situation. It is the most simple yet the strongest technique.

Picture U-X:

As your opponent attacks chudan tsuki, enter his guard by countering his timing. Grab his right arm while with empi, using the fist and elbow, push his throat and arm down, in a take down fashion. If you do not know the pressure points you will have to use a lot of power for this technique. However, if you know the vital pressure points, your opponents will fall down with minimal effort.

Due to time limitations we must stop here and hope that, from now on, you can follow Asai Sensei's deep technique and write about them in upcoming issues.

## **Part 5. Wheelchair Karate**

Disabled and able-bodied people are treated equally.

And now, for the first time in the world, wheelchair Karate!

Asai Sensei's thinking of martial arts is different than the normal person's thinking, and you can see it through his Wheelchair Karate.

Presently wheelchair Karate has been developing around the world under Asai Sensei's direction. From his Martial Art's way of thinking, he created Wheelchair Karate.

In wheelchair karate, you sit in a wheelchair and practice Karate. Asai Sensei Says: "Karate usually involves the training of the Go-Tai, meaning the five parts of the human body, and they are: the four limbs and the head in order to build a strong body and strong spirits. If, however, you lose one part, you can still use what is left in your body. It does not matter whether you are disabled or an abled-person." This was Asai Sensei's thinking, and that is why he created Wheelchair Karate.

The origins of wheelchair Karate came from Asai Sensei's Isudori Karate Demonstration, where he is defending himself from a seated position using all four of his limbs. This, he created some 40 years ago. What if, however, someone is unable to use his legs and still has to defend himself from that same seated position, what should he do? That is the origin of Asai Sensei thinking of Wheelchair Karate. (The author of the article was very surprised that Asai Sensei's thinking was from 40 years ago.) 40 years ago, people did not understand what Asai Sensei was trying to explain. Nowadays, however, it is a different age. People's thinking is different, and that's how the JKS was able to attain the Non-profit status. After attaining NPO status, Asai Sensei was able to put all his components of Karate into a community service to help people from all walks of life become stronger physically and spiritually. Through Karate as a community service, he has been able to expand their field of vision about Karate.

Wheelchair Karate has 10 Kata created by Asai Sensei and they are as follows: Shorin-Dai and Shorin-Sho, Nirin-Dai and Nirin-Sho, Sanrin-Dai and Sanrin-Sho, Yonrin-Dai and Yonrin-Sho, Gorin-Dai and Gorin-Sho. He specially created techniques in these Kata that allow disabled people to easily train in these techniques. Honbu Dojo JKS instructors travel to other JKS branch Dojos throughout Japan and visit centers for the disabled people to teach workshops about these 10 Kata. Also, many other countries throughout the world have not only joined the JKS but also have participated in wheelchair Karate teachings and competitions.

However, wheelchair Karate is not only for disabled people who use wheelchairs. The elderly and weak bodied may also benefit gain from training in this form of Karate. Therefore, in one place people from all walks of life, can intertwine their trainings

together in goodwill and benefit from one another's training.

The first Wheelchair World Karate competition was held in September 2001. The competition was in individual kata and competitors came from all over the world to compete. At that time both abled-bodied and disabled people competed together, making it the first such event ever to take place. The event was greatly accepted by the people at the competition. And he, the writer says, hopes that Wheelchair Karate will develop more people and more countries practicing Wheelchair Karate.