

Kumite

The following principles are taught in Kenshi Kai Karate during the following Kumite practices:

- Ippon Kumite--One Step
- Sambon Kumite--Three step in and out
- Sandan Kumite--Three step continuous
- Sandan Ippon Kumite--Three level
- Kiso Kumite--Promise
- Yakuso Kumite--Prearranged
- Jissen Kumite--Actual

- Ohyu Kumite--Semi Actual
- Jiyu Kumite--Free
- Irukumi--Actual using kata
- Bunkai Kumite--Kata Application
- Gyo Bunkai Kumite--Continuous Kata

Points to Look for in Kumite

- Metski--Eye Control

- Maai--Distancing
- Kokyu--Breath
- Isshin--Total Commitment
- Kiai--Spirit
- Kyushin--off balancing
- Taisabaki--Body Shifting
- Zanchin Total Awareness
- Seishin--Sincerity
- Kime--Focus

- Metski--hypnosis effect look for telegraphing
- Maai--Judge the technique for different situations
- Kokyu--Attack when inhaling, study nostrils, heavy breathing
- Isshin--if you have to die , you die, not thinking of consequences, total commitment
- Kiai--scare opponent in all situation
- Power out of body give to opponent number eight
- Withstand the blow
- Kyushin--off balancing the mind and body so attack
- Taisabaki--Shifting in direction of deflection
- Zanchin--Total commitment of situation no chance
- Seishin--Total sincerity in attack and defense
- Kime--Focus on what needs to be done and where power needs to be projected

Types of Fighting Attitudes

- Sen no Sen--offense fighter--attack all the time
- Go no Sen--Defense Fighter--defensive waits for opportunity to attack
- Sen offense and defensive fighter defense is by interrupting
- Ato no Sen - borrowing from opponent

- Soju no Sen controlling the opponent