

# Gentle Arts of Self Defence

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## FOUNDATION COURSE FOR THE GENTLE WAY

### Traditional Martial Arts for Health, Relaxation and a Practical Self Defence within a Modern Duty of Care

ALL students in Tai Chi and Karate are encouraged to work at their own levels and at their own pace and to view the performance of any technique as optional, capable of being modified and always with the need to be performed with control and safety.

ALL STUDENTS begin with a foundation course practicing solo kata or forms, where the focus is on learning what the Chinese call "Soong", the art of relaxation in a state of readiness and what the Japanese call "Zanshin". This is achieved through regular practice of "Forms" or "Kata" being set movements flowing in a sequence performed slowly in accordance with the classic principles of the martial arts where posture, continuity of movement, co-ordination of legs, arms, upper and lower body, using "will" and not brute strength, all operate to achieve a relaxed harmony between body and mind and to express the basic tenets of control, efficiency, technique and artistry.

ALL Classes for Tai Chi and Karate focus on the GENTLE WAY in practicing forms/kata with principles of efficiency, energy flow, leverage and biomechanics, learning to relax, developing self-confidence, keeping an open-mind, humility and respect for others, training for yourself and NOT for competition, tournaments or trophies. The focus of the GENTLE WAY is on thus on health, well-being, self-confidence, respect for others and learning to relax and "go with the flow", improving balance, co-ordination, reflex action, strength, stamina, flexibility and general fitness.

All classes include Qigong (Chi Kung) breathing and relaxation training and do not include techniques which involve falling, physically throwing, grappling or free-sparring but may include some partner work for self-defence applications performed with control and safety.

FOUNDATION COURSE of the GENTLE WAY includes:

#### Study of Forms & Movement

- Sun Style Tai Chi Chuan 12 Form
- Yang Style Tai Chi 24 Form – Section 1
- Basic Karate Forms - H-Pattern- upper/mid sections Block/Punch - Taigyoku-Jodan, Chudan & Kake-uke
- Qigong White Crane Breathing Form – Tensho
- Introduction to Sensing/ Push Hands

**Basic Martial Form** – Stances, Blocks, Thrusts, Kicks, Snap, Smash & Posture

**Basic Self Defence Techniques against** - Punches and kicks - strangles - body attacks – fingers, hands, wrists, arm grabs

**Introduction to Key Principles** - Yang Chen Fu's Classic Ten Principles; Qigong and co-ordinated movement and breathing; Kaki – yielding/evasion; Muchimi –contact/sticking

**TAI CHI FOR RELAXATION & SELF DEFENCE** – Is based on an energy efficient "internal" Chinese martial arts style utilising "push-pull" yielding principles and movements based on circular flowing movement and even tempo, making for harmony and balance. Much practice results in a high level of body-control which in turn results in greatly increased powers of mental concentration. Tai Chi teaches how to conserve and increase energy flow. Speed, sensitivity and flexibility are built up – the use of leverage rather than brute force. The beginner starts with Sun Style Tai Chi 12 Form as this style and form is easier to learn and offers immediate exercise value and health benefits.

**KARATE-DO** – The Goju karate system is a blend of hard and soft techniques with training to be able to move quickly between hard and soft techniques and to draw back, deflect and utilise the strength, energy and power of the opponent to maximum advantage. Goju karate places great value on the art of relaxation and developing powerful diaphragmatic breathing thus enhancing the power of the technique. Goju Ryu techniques are practised in forms called Kata. Goju karate places great importance on Kata from beginners through to black belt. The beginner starts with Basic Karate Forms - H-Pattern as well as Sun Style Tai Chi 12 Form.

**Gentle Way of Self Defence** covers both Tai Chi and Karate and is encapsulated in Jigaro Kano's famous words - *Seiryoko zenyo* - Maximum efficiency with minimal effort - which includes - *Ju yoko go o seisu* which means - Softness controls Hardness. Also in the immortal words of Lao Tzu: *Nothing under heaven is softer or more yielding than water; but when it attacks things that are hard and resistant, there is not one of them that can prevail. That the yielding conquers the resistant and the soft conquers the hard is a fact known by all men, yet utilized by none.*



## Tai Chi and Karate classes

Small classes are by invitation only and subject to places available

Further information: Contact Denis

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