

Chito Ryu Henshu Ho

28 Position Kumite Kata

Punching: Kuroki Senjo, 5th Dan
Defending: Chitose Tsuyoshi, Hanshi



On the right:
Kuroki Senjo, 5th Dan

On the left:
Chitose Tsuyoshi, Hanshi



As both parties stand facing each other, they begin with a standing bow.



No. 1



No. 2

No. 1 Against a punch to the face: Drop your body and block with your right arm by pushing the opponent's arm upward. Take hold of his shoulder and at the same time execute a right foot sweep.

No. 2 Against a right punch to the chest: Use your left palm to push the opponent's fist to the left and, twisting your upper body to the left, use a right back fist to strike the opponent's face. The opponent then strikes to the right side of your chest with a left punch. Use your right arm to knock this down from above and sweep it aside. At the same time, execute a right kick to the groin (vital point).

An Heroic Episode of Women's Self-Defense

In Okinawa, if you mention the name *Yonamine Tsuru*, everyone would know of her and would say: "Aah, you mean that heroine?" Lady Tsuru was a woman of unequalled beauty and was envied even by other women. Even when she stepped out on an errand, no matter if it was a bit late and the sun was setting, suitors are said to have followed her and caused trouble regardless of the time. Once, she was very nearly assaulted by one of these would-be lovers but in the end she was able to escape from him. As soon as she returned home she ran crying to her mother. "Why was I born with such beauty!?" she cried in a loud voice, tears still running down her face. From that point on, Lady Tsuru picked herself up and, with her mother's permission, began to study Karate as a means of self-defense. Before two or three years had passed, she had gained confidence in herself, but her mother had become uneasy about the fact that she hadn't been married off even though she had already reached the age of twenty. "What about this person, or that person?" she would wonder as she searched for a man to marry her daughter. "He's no good," Lady Tsuru would say, and "This one's not right." It is said that Lady Tsuru went outside of the city each night and held contests to determine who would be her husband, but that, unbelievably, nobody could defeat her. At long last, she put her faith in the superiority of Matsumura Sensei's *budo* and decided that he would be a bridegroom unparalleled in all the East. This story is told today with the same admiration as in former years.

Karate-do Trains Both Mind and Body

Let's consider Karate in terms of the laws of motion. In Karate, movements in any direction are well balanced and because each movement of the arms and legs is in reaction to an imaginary assailant with prescribed intentions, we move with full energy in a very precise fashion. This means that in order to streamline and systematize things such as moving forward, backward, and diagonally, as well as jumping and breathing, every part of the body is developed in a well-rounded manner. The posture becomes refined, the complexion becomes clear and women especially manifest a certain beauty. Before one knows it, they have changed from weak to strong. So many changes appear in your physique within just a few short days, but there is no space here to list them all.

Without question, people today prefer healthy beauty over artificial beauty, and natural beauty over healthy beauty. However, in the old days a person who was as weak as a willow tree was held up as the standard of beauty. Yet, as one generation follows after another, in these days after the war we have come to appreciate 'healthy beauty'. For this reason it makes no difference who takes an interest in Karate-do – men or women, young or old. Once they begin, they will be so captivated that they will be able to manifest its profound and subtle points. What's more, Karate is suited to any physical makeup and is neither too strenuous nor too dangerous. So long as you have the will to do it, you can do it anytime and anywhere. No matter how busy you are, you can still practice on your own. Since the old days, the past masters of Karate-do, who all lived long lives, used it as a way to keep healthy and extend their lives. Funakoshi Gichin

Sensei, who is presently in Tokyo, is in excellent health at over 80 years of age and is still teaching Karate-do. Even my own respected teachers, Aragaki Sensei and Kyan Sensei, both lived long lives, passing away at 85 years of age. You can see from these facts that as a means of improving your health and prolonging your life, as well as a method of self-defense, Karate-do is a particularly ideal martial art.