

APPENDIX 1: AKDS Ideological Foundations...

(Last Revision: 16 April 2019)

The foregoing Constitutional articles set the policies that govern the organization administratively, while Appendix 2 and 3 outline our practice assessment standards. This Appendix is designed to delineate ideals fundamental to all aspects of our practice.

IDEOLOGY	
<ul style="list-style-type: none"> • If the quality of a person's life is changed for the better through the practice of karate, and they are able to share these benefits with their family and others, I am pleased <small>(excerpt from Harada Sensei in Karate Master, p.205).</small> • First learn to harmonize with your partner, only then will come the power to break down that harmony to your advantage. • Although our karate roots come from one man's vision, we must each strive to find our own karate within it <small>(excerpted from Tony Lima, KDS 5th Dan, in conversation with Jeremy Crook, 2010).</small> • When considering rank, one should ponder how much time they have practiced "at a certain level," rather than "as a certain belt." • Actual physical practice and testing is our bedrock foundation. • Technical development comes from trusted practice partnerships. • We gain our identity as karateka as we open ourselves to counsel and learn to question—not to question for the sake of proving personal bias, but to question for the discovery and understanding of true principles. 	<ul style="list-style-type: none"> • Character and personality are of equal importance to technical skill. • Respect—for oneself, one's family, one's teachers, one's colleagues, and one's art—this is essential. • A The supreme art of war is to subdue the enemy without fighting—learn to read, recognize, discern and act. • Instructors must exercise the moral courage necessary to refuse grades to individuals whose motives are not in accord with this philosophy. • We must strive for balance in repeating trusted ways, while also blazing new paths toward growth and progress. • A willingness and ability to learn from anyone—regardless of rank—is the mark of a future master. • We grow as karateka as we open ourselves to counsel. • If one can maintain proper condition under pressure, all that remains is to apply technique at the right moment.

KATA	
<ul style="list-style-type: none"> • "You ask how important is kata to our practice? Well, you understand how important is body condition, yes? This is kata!" <small>(Harada Sensei to Jeremy Crook, Nov. 2017).</small> • Form is simply a single still photograph extracted from a moving reality <small>(Bernard Mathieu, Voice of the Mountain Dragon, p.67).</small> • Kiba-dachi—which is fundamental to both stability and mobility—is the only true posture <small>(from Steve Hope in conversation with Jeremy Crook, 1998).</small> • Kata is not just shifting shapes, it is a sequence of disciplined muscle activity. • Sensei once told us that you can see the level of a senior by the way they perform one of the simplest kata like Taikyoku Shodan 1st <small>Dan Mark Hallam at AKDS training course, 2018).</small> 	<ul style="list-style-type: none"> • Wise karateka strive to develop the various facets and expressions of kata: (1) Know kata in your mind; (2) Be physically precise in performing kata alone and with a group; (3) Improve your ability to teach kata to others; (4) Drive yourself to initially learn some kata on your own; (5) Incorporate kata principles into your own body condition; (6) Use elements of kata to develop practice exercises; (7) Adapt kata appropriately when teaching, developing practices, and empowering others to discover their own karate. • Regardless of the speed kata is performed, the movement must never stop and the focus on muscles and breathing must remain.

KIHON	
<ul style="list-style-type: none"> • The most basic of exercises are the mantra of the true master. • A settled foundation is essential before building anything thereon. • For a partner to develop, one must give their best at all times. • Come to know partners not by opposing them, but by learning to be in harmony with them. • One must concentrate on always breathing out—but when does one breathe in? Any time, as long the body condition is always one of breathing out! <small>(an off-spoken statement of Harada Sensei, see Karate Master, p.192 for one example).</small> • Mae-geri is the only true kick—all others are mere adaptations to circumstance. 	<ul style="list-style-type: none"> • Striving always to see the complex as the basic leads to progress. • The Practice Development Pattern: Test ideas against real attack and defense pressures; Confirm each step by sharing the new practice method or idea with our highest-ranking teachers for their expert comment and approval; Integrate the new method or idea into the current teaching curriculum. • Kihon provides opportunity to test the form and condition developed through kata against another person.

KUMITE	
<ul style="list-style-type: none"> • Two governing principles in our practice are: (1) If you don't get touched, you don't get hurt, and (2) When you hit someone, make sure they go down! <small>(Tony Lima, KDS 5th Dan, to Jeremy Crook, 1995).</small> • A settled, relaxed but poised body is the first tenet of true kumite. • Timing is the second tenet of true kumite—timing with self, and timing with others. • Focus distinctly, for this is the third tenet of true kumite. • Kata is monologue, kumite is dialogue <small>(from Mark Hallam, KDS 5th Dan, 2016).</small> • Kumite is not about having better timing, it's about being able to go when the opening is seen, or in other words, being in a position to act. 	<ul style="list-style-type: none"> • "If you are ignorant of your enemy and yourself, you are certain to be in peril in every battle. If you are ignorant of the enemy, but do know yourself, then your chances of winning or losing are equal. However, if you know both your enemy and yourself, then in a hundred battles you will never be in peril!" <small>(Gichin Funakoshi, quoting Sun Tzu in Karate-Do Kyohan, p.248).</small> • Attack and defense are the two faces of the same coin—both involve equally strong, positive concentration <small>(Bernard Mathieu, Voice of the Mountain Dragon, p.89).</small> • Always the focus must be 100% on your partner—the moment you reflect on yourself, you are vulnerable—this is the time to trust your practice.