

This is Why **Karate** is Strong!

だから、**空手**は強い！

by NAKAYAMA Takatsugu
translated by Craig Cox

Contents & Prologue (extract) *English*



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Prologue

The Hips and the Perspective of Eastern Medical Theory.

In Eastern medicine it is theorized that life energy flows around the body through a network of routes called meridians. This life energy is called ki (気). The concept of ki is essential to Eastern medicine and forms the premise upon which human anatomy and its condition has been researched in this context. Ki represents the fundamental difference distinguishing Eastern and modern medical theory.

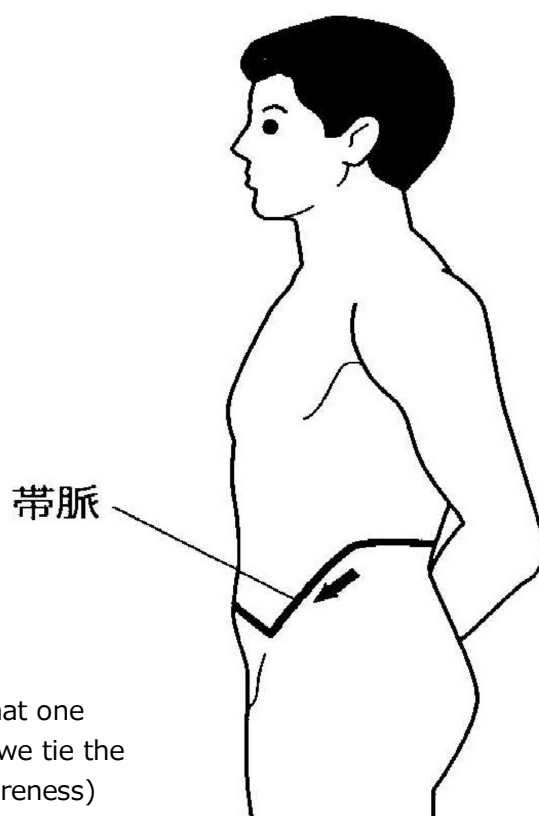
All meridians have corresponding internal organs, the state of one conforming with the state of the other and will be discussed hereon in the Eastern medical context (Ironically, though internal organs as defined by modern medical theory do not conform perfectly, in terms of function many are in accord). That is, a problem with the flow of ki through a meridian will affect the corresponding organ adversely.

Additionally, the parts of the anatomy along the course which the meridians run, are thought to be deeply connected to other parts of the body. For this reason, pain, and impaired physical function as well as muscular and joint issues are considered to be interconnected with the state of the meridian. For example, problems of physical function such as hip pain or shoulder stiffness require treatment not only of the affected parts but also manipulation of points along the related meridian to produce a positive result.

In my profession as a seitai-shi (整体師 Eastern style chiropractor) I can relate instances where manipulation of a bladder meridian point in the leg relieved pain for a strained back sufferer. Alternatively, at an overseas karate seminar I was able to improve a participant's ability to do the splits by manipulation of a liver meridian point located on the inner thigh. In either case the point of concern was not engaged directly, instead, results were obtained by activating the relevant meridian elsewhere.



Taimyaku closely matches the position that one wears their belt in karate. Also, the way we tie the karate belt helps develop ishiki (意識 awareness) of the hips.



Taimyaku (帯脈) is a meridian that runs around the body in such a way as to bind the other meridians that flow through the body.

The hips can be viewed in the same manner. Meridians related to the hips include the bladder meridian and the kidney meridian. Because of its proximity we can also include the taimyaku (帯脈). Taimyaku is a meridian that runs around the hips like a belt and binds the other meridians at this point to support the hips. As the bladder meridian flows along the edge of the spine the state of the two are connected deeply. The bladder meridian forms a pair with the kidney meridian, the two running from the posterior of the thigh up through the abdominal cavity, emerging from the lower abdomen. As a pair, the meridians support the posterior and anterior region of the abdomen including the hips. We should also be mindful of the relationship between the route of the kidney meridian through the abdominal cavity and the function of the abdominal musculature.

Interestingly, Eastern medical thought maintains that hip pain can be attributed to a weakening of the kidney meridian resulting in reduced internal support strength and so a degraded ability to support one's own body. Similarly, hip pain arising from issues of skeletal structure can be linked to insufficient internal support strength. In these scenarios, strengthening of the hips must also include strengthening of the kidney meridian. Actually, many pressure points that alleviate hip pain effectively also have the effect of raising the strength of the kidneys themselves.

As there is a divergence between Eastern and modern medical perspectives, it is sometimes difficult to understand, but both systems have a lot to offer the martial arts regarding insights to human movement. In this book I shall draw upon both perspectives to explain the ishiki of the body and its functions of movement.

●序章 一「腰と尻」が運動能力を拓く

「腰」と「尻」の両者は、からだの中心に位置し、体を支える重要な役割を果たしています。この両者をしっかりと鍛えることで、運動能力は大きく向上します。

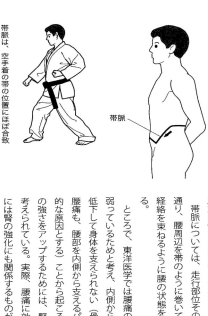
●「腰」の重要性

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A note from the translator

I love karate and have done so for over thirty years. In that time, I have read many martial arts related books, some of them Japanese, some English. Some were famous titles written by renowned martial artists. However, none of them compare with “This is Why Karate is Strong” for the affect that it has had on my karate technique, and my life.

Partly, the reason I believe the book the book is so good is that it does not preach or dictate the superiority of the karate style (Chito Ryu Karate 千唐流空手) that Nakayama Sensei practices. Rather, he draws upon knowledge gained from long years of training and as an Eastern style chiropractitioner to explain the “how and why” of martial arts technique. This knowledge transcends style because it is founded upon the fundamental principles of anatomy (which are largely universal), and so is applicable to everyone. Regardless of your style or discipline, there is a wealth of knowledge within this book that has been made available to the you.

I have endeavoured to remain faithful to the original Japanese version of the book, at least to the extent that my insufficient skill would allow. However, as Japanese and English frequently defy direct translation, it was necessary to expand and even omit certain sections to make the overall text more accessible to the English reader. The original version was written for native Japanese readers and so assumes a certain level of cultural understanding. Accordingly, I have tried to give the reader the most accurate phonetic spellings of Japanese words and expressions including the kanji version where appropriate as well as a brief English equivalent for your further reference.

Upon introducing a Japanese expression for the first time, it will appear in italics. In the case where I use a Japanese expression repeatedly, it is because I felt that no satisfactory English equivalent exists. Those expressions will be found in the glossary. I hope the style choice is not too distracting.

My wish is that you enjoy this book at least as much as I have, moreover I hope that upon quiet reflection you find the content therein improves your technique and gives you greater satisfaction and enthusiasm for your own art.

Craig Cox, February 2021.

Please help us publish this book!

As Nakayama Sensei does not hold the full publishing rights, we need your help. If you would like to read the book in its entirety, please contact BAB Japan by whatever means are convenient for you and let them know that you want a full English version. Please let others who may be interested know about this work and prompt them to contact BAB Japan also. I have been told that there is a good chance that the full book could become a reality if BAB believes there is a demand.

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