

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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Contents

Prologue

The Hips and Abdomen, Unlocking Potential Power

The Connection Between the Upper and Lower Body is the Hips / The Hips are the Foundation of Posture / Awareness of the Hara is an Important Aspect of the Hips / The Key to Physical Activation is Inside the Hara / **The Hips and the Perspective of Eastern Medical Theory** / The Intimate Relationship of Hara and Kokoro

Chapter 1

Stance, the Foundation of a Martial Arts Physique

Stance, 3 Years / Building a Martial Arts Physique; "Uchi Hachi-ji Dachi" / Uchi Hachi-ji Dachi and Ishiki of the Kidney Meridian / Stance that Stimulates the Sympathetic Nerve / Maintaining the Chūshin Jiku with Body Rotation (Tenshin) / The Ebb and Flow of Tanden / Grasp the Floor with Your Toes / Movement Born of Flexible Ankles / Move Freely by Leaving Out the Knees / Knees can Bear Loads of Hundreds of Kilograms / Sturdiness, Swiftly and Defensive Ability / "Seisan Dachi" the Ideal Stance for Attack and Defence / Stepping on Hoarfrost Without Making a Sound

Chapter 2

Incorporating Full Body Power into Tsuki (Punches)

Tsuki, Not Reliant Upon Arm Strength / Straight Elbows, the Life of Tsuki / Rotation of the Forearm and Structure of the Elbow / Sense with the Fist then Twist / Why Begin Tsuki from the Hips? / Dropping the Shoulders and Tightening the Armpits / Harden the Fist by Tightening the Little Finger / Tightening the Little Finger is Connected to the Tightening of the Armpit / Oi-zuki (Lunge Punch) Uses the Weight of the Body / The Momentary Rhythm of Defence and Attack and a Solid Foundation / Sun-zuki (One Inch Punch) is Born of a Difference in Tempo

Chapter 3

Kicks, Improved by Pelvis and Lumbar Vertebrae Ishiki

The Splits and the Skillful Kicker / Support Strength and Movement Range of the Lumbar Vertebrae, Pelvis and Groin / High Kicks, Bujutsu and Sports Karate Perspectives / Ishiki of the Support Leg / Kicking Low is Good Enough / Use the Feet like Hands / Hip Thrusts, Body Twists and Knee Snaps / Draw the Kicking Leg Up Through the Hara / The Kicking Leg and the Stomach and Kidney Meridians / The Support Leg and the Kidney Meridian

Chapter 4

Breathing Power Imbues Technique with Life

Draw Out Maximum Ability by Breathing / Movement of the Chest and Diaphragm / Synchronization of Breath and Technique / Producing Hidden Strength / Abdominal Breathing can Massage Internal Organs / Ishiki of Breathing into the Pelvis / Relieve Tension by Breathing / The Image of Heavy Breathing in Karate / Maximizing Oxygen Intake / Improving Kiai

Chapter 5

Tai Sabaki (体捌きBody Evasion), Fluid and Beautiful

A Body that does not Weaken with Age / Beautiful Movement is Powerful / Perception of Condition (Vision) / Perception of Condition (Taste) / Perception of Condition (Hearing) / Perception of Condition (Touch) / Eyes, Feet, Vivacity, Power Ichi-gan Ni-soku San-tan Shi-ryoku / Essence of Movement, Tanden and the Lumbar Vertebrae / A Winning Mentality / Movement - Eight Directional, Rotating, Inversion, Spinning and Vertical / Learn Consciously, Apply Sub-consciously

Chapter 6

Internal Strength, Unleashing Latent Power

Attacks Severing the Connections of the Organs / The Relationship Between Kokoro and the Internal Organs / Diet is Vital to the Martial Arts / Power of the Hara and Internal Organs is Related / Ishiki of Meridians that Strengthen Internal Power / Food Intake, The Fundamental Energy Source of the Martial Arts / Breathing and Diet, the Source of Power / Correct Posture Generates Internal Strength / The Relationship Between Eyes, Ears, and the Internal Organs

Chapter 7

Kata, Rich in Physical Philosophy

Which Kata is Kata? / The Significance of the First Movement in Kata / Putting Spirit into Kata Training / Kankyu of Technique can be Seen in a Single Punch / Maintaining Chūshin Jiku Amidst a Variety of Movement / Kata is Body, Kumite is Application / Hidden Meaning in Kata – Shihōhai (四方拝) / Hidden Meaning in Kata – Niseishi (二十四歩)

Chapter 8

The Way of the Physical Leads to the Way of the Spiritual

The Psychological Preparedness to be Victorious / Make Everyday Life a Training Opportunity / Reaching the Kassatsu Jizai Mental State / The Contradiction of the Martial Arts / The Poise of a Martial Artist

Appendices

The Skeleton (Anterior) / The Skeleton (Posterior) / Human Musculature / The Lung Meridian / The Large Intestine Meridian / The Stomach Meridian / The Spleen Meridian / The Heart Meridian / The Small Intestine Meridian / The Bladder Meridian / The Kidney Meridian / The Shinpō Meridian / The Sanshō Meridian / The Bile-Gall Meridian / The Liver Meridian

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.

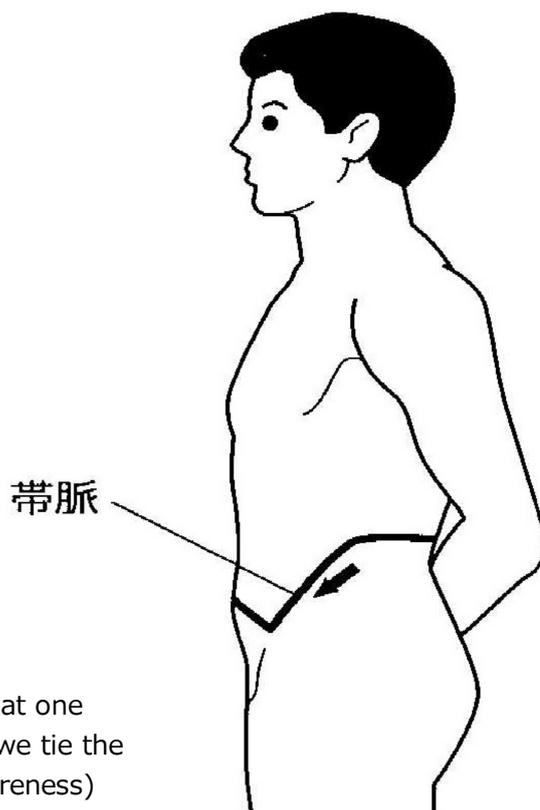
All meridians have corresponding internal organs, the state of one conforming with the state of the other and will be discussed hereon in the Eastern medical context (Ironically, though internal organs as defined by modern medical theory do not conform perfectly, in terms of function many are in accord). 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.

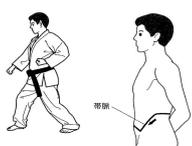
●序章 一 「腰と八ろ」が腰を能力を拓く

「腰」とは、背骨の中心を走る「腰椎」のことであり、その下に「仙骨」と呼ばれる骨盤の中心を走る「仙骨」がある。この「腰」は、人間の体の中心を走る「中軸」の重要な部分であり、その強弱が体の動きに大きく影響を与える。特に、腰の柔軟性と筋力が増えることで、体の動きがスムーズになり、力も発揮しやすくなる。また、腰の健康は、全身の健康にも大きく関係している。腰が痛くなると、歩行や姿勢にも支障が出る。したがって、腰を鍛えることは、健康とパフォーマンスを向上させるための重要なポイントである。

19

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腰の構造と機能を理解するには、まず、腰の骨格と筋肉の位置を知る必要がある。腰には、腰椎、仙骨、そして骨盤の骨がある。また、腰には多くの筋肉があり、それらが腰の動きを支えている。特に、腰の柔軟性を高めるためには、腰の筋肉を伸ばすことが重要である。また、腰の筋力を鍛えることも、腰の健康とパフォーマンスを向上させるための重要なポイントである。



18

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17

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16

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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