

BUDO KARATE
THE WAY OF THE MARTIAL ARTS

武道



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Contents:

Introduction:

- Part 1: Karate strategy and skills
- Part 2: The heart and self defense
- Part 3: Karate's secret weapon
- Part 4: Karate the spirit of practice
- Part 5: Balance is one of karate's weapons
- Part 6: Understanding the dangers
- Part 7: Martial arts and the urban warrior
- Part 8: Kata unleash a deep force within you
- Part 9: Karate the art of personal combat
- Part 10: Karate the art of virtuous men
- Part 11: Karate's muchin-no-mind
- Part 12: A move anyone can use straight away
- Part 13: The professional bodyguards' friend
- Part 14: Why trained women freeze in a rape situation
- Part 15: It's all about surviving not scoring points

- Part 16: Personal branding the new currency
- Part 17: Use fear as a tool to power
- Part 18: Four little words
- Part 19: when you hear the truth, you know it
- Part 20: for women as simple as running away
- Part 21: Traditional karate or modern combative
- Part 22: Activate your automatic fight response.
- Part 23: Two Perceptions to avoid like the plaque
- Part 24: Just sing the national anthem
- Part 25: For sale self-defense skills for cash
- Part 26: Street survival
- Part 27: Hammer or anvil
- Part 28: Street gutter tactics
- Part 29: What do Samurai have in common?
- Part 30: The 80/20 principle
- Part 31: Kata is like a textbook
- Part 32: The urban warrior

- Part 33: Hidden applications
- Part 34: Karate power to the fist
- Part 35: Karate visions of Japan
- Part 36: Hand 2 hand combative
- Part 37: Meditation & the martial arts
- Part 38: Ways to meditate
- Part 39: Breathing exercises
- Part 40: Conclusion

Introduction:

The journey

The importance of searching through past efforts and knowledge alongside heritage, history, theory and practical applications of any said martial art is indeed, a personal journey which leads to the saying: “Search for the old to understand the new” To this end, I hope what you find inside this publication will help and encourage you to choose the right path.

In addition, the main purpose of this book is to expand your knowledge of the martial arts and Karate in particular. Hopefully the text will help you gain a deeper understanding of effective self-defense practices.

These notes form a short summary and are not intended to be a comprehensive guide to self-defense techniques. Neither do they cover all the many aspects of non-physical self-defense like self-awareness, body language, verbal de-escalation etc. Remember, the best form of self-defense is to avoid trouble in the first place!

Importantly, self-defense is about looking after yourself. It may be viewed upon as any deliberate act or motion that prevents or reduces the chance of an actual or potential assault against you. Although nationally the proportion of women attacked each year is comparatively low, if it does happen to you then

the consequences can be sometimes devastating and life changing.

Knowledge of a few simple techniques, such as bending an aggressor's finger back or stamping on his foot, may give you vital seconds in which to escape and is easy to learn by anyone. You need not be helpless in the face of an attack.

Moreover, as long as you are prepared to look at self-defence realistically, and are willing to learn these simple techniques, and to be aware of life around you, then you shall gain confidence in your daily life and hopefully live without the limitations of the fear of violence. Remember, the last thing any potential aggressor is expecting is for you to stand up for yourself, even to fight back.

Welcome to the world of reality, in this world we live in today, one must know how to defend himself/herself, as one who is defenseless will soon get attacked (Sun Tzu, Ancient Art of War, wise words indeed. I hope the following articles will help you to stay safe give you a greater chance of winning a conflict. Or better still avoid getting into one in the first place.

What is self-defense?

In brief, practical self-defense is an amalgam of techniques and ideas stolen and then adapted from other martial arts like Judo and Karate etc. In the event of actually being attacked, the aim of these techniques is to floor an aggressor so that he cannot

assault you any more, in which case he must be kicked, punched, pulled or thrown to the ground.

Self-defense and the law

Self- defense is not really related to the extreme use of violence to disable an attacker. It is more about the controlled use of aggression – finding your temper, not losing it. If you are attacked, then you have every right to defend yourself, but you may only use as much force as is absolutely necessary.

From the legal standpoint, the word ‘reasonably’ is the difficult part. You can use an item which you might ordinarily carry on you to help ward off an attack, e.g. keys, comb, umbrella. The law does not allow you to carry anything which might be regarded as an offensive weapon and which could seriously hurt someone (even if they are attacking you).

What is a confrontation?

A confrontation is the first thing before a fight, or it may start a fight, when you meet somebody that is not a confrontation. Usually you won't want to fight him (you wouldn't walk down the street and start with everyone you see would you?) so if you don't know him, you walk past and don't even look at him. If you know them, you might look and nod. If you want to fight you may snarl and swear. That is a confrontation.

Confrontations happen most often in school, and almost as often in bars where alcohol is a major contributing factor some