



Perfect Karate style. LEFT PHOTO: Nakoyama, 5 Dan, performs *Shuto uchi* on Kanazawa, 4 Dan. RIGHT PHOTO: Nishiyama, 4 Dan (left), and Okazaki, 4 Dan, execute *Jodanzuki* and *Yokogeri* respectively.

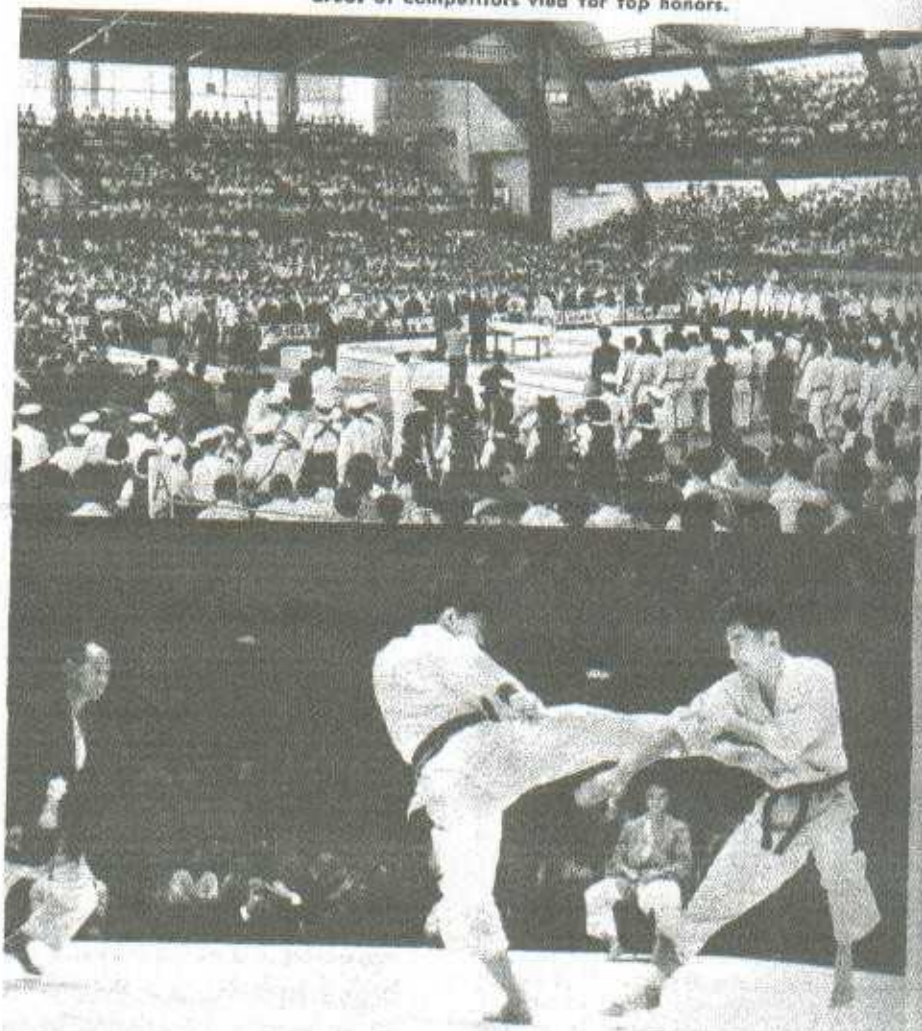
THE TRUTH ABOUT KARATE

By Donn Draeger

KARATE!—a word which immediately conjures up mystic things, esoteric practices, and "deadly—killer art" ideas—is currently enjoying a boom in the Western world which has a none more fertile place for growth than in the U. S. A. In recent months the growing interest in Karate (pronounced (Cah-rah-teh)) has seen scores of schools and instructors spring up and offer to an almost completely uninformed public, the fascinatingly interesting Oriental art.

This rapidly expanding interest makes it necessary that some authentic, up-to-date information be made available to the general public so that should some choose to study Karate, they will have a sound basis on which to make their choice of a Karate school and instructor. This article has for its purpose, an introductory glance into Karate's current organization and status, and some of the prominent personalities who are qualified to demonstrate its forms. No attempt is made to describe Karate from the standpoint of historical origin, or actual technical methods of performance. Such information is best obtained from qualified teachers (see end of this article) or from the official text of the All-Japan Karate Association, *Karate: The Art of "Empty Hand" Fighting* (see Judo Library Sales advertisement on page 50).

The comprehensiveness of the All-Japan Karate Association's annual championships is seen at the 1961 event in which hundreds of competitors vied for top honors.



In this action scene from the All-Japan Karate Championships, Migami, 4 Dan, misses parry against kick of Kanazawa, 4 Dan.

Karate is a highly technical system of self-defense which has many interpretations and established systems. While these systems are apparently identical to the casual observer, nevertheless they all exhibit certain peculiarities which clearly delineate them from each other. Each system of course claims the distinction of being the "best," but such claims must be carefully weighed against the facts borne out by the examples shown in the practitioners, their characters, abilities, and effectiveness. Persons choosing a Karate system should take care in their selection. "Let the buyer beware" applies here. Choose wisely for it will directly affect your future learning of Karate skills.

Organized Karate in Japan is a little over forty years old, stemming from historical antiquity beyond the scope of this article. Introduced to Japan by Gichin Funakoshi, an Okinawan master, in 1917, Karate grew rapidly and under a systematic, scientific study. Japanese Karate is today the world's leading style. Various systems such as Shitoryu, Wadoryu, Gojuryu, and others, all forms of Karate, vie with each other today on more or less equal terms. However, it is the Karate system of the All-Japan Karate Association (none of the styles above) formed in 1948 by Master Funakoshi, which is the leading and representative system. Today it is *only* this organization which has the support and sanction of the Ministry of Education and other governmental agencies in Japan. As such, the All-Japan Karate Association is considered to be the spokesman for all Japanese Karate. Its widespread administrative organization is best exemplified by the perfection of technique and efficient Karate methods of its members which have won international respect.

Karate study under the system of the All-Japan Karate Association is offered to interested students as a healthful physical art, an effective form of self-defense, and as an exciting sport. It is this triple-sided aspect of modern Karate which has earned the Karate of the All-Japan Karate Association recognition as an educational agency. No other Karate system or organization can lay claim to this. Most of the other

systems are centered on only fighting efficiency and do not offer the balance of study and therefore, rounded perfection, of the All-Japan Karate Association studies. A movement to make Karate an Olympic sport has been started, and it is most probable that the methods and rules for conducting such an Olympic sport will be based on those of the All-Japan Karate Association.

Because of the powerful abilities of Karate men to strike and kick with devastating accuracy and effect, various schools of Karate have exploited by public demonstration and overemphasized the breaking of bricks, boards, or tiles with bare hands and feet, much to the delight of a thrill-seeking public. Such feats, while possible, are not mystic nor supernatural, but the product of diligent practice and training. All students can learn to do these stunts, though they are not absolutely essential to Karate perfection. It is at this point that unscrupulous persons who have misrepresented themselves, lead the average public to believe that the board-splitting and brick-breaking abilities are the end point, the "ultimate" of Karate. Nothing could be farther from the truth.

In the search for a Karate instructor, interested persons will do well to be on guard, for there is an ever increasing number of pseudo instructors who will not hesitate to "con" an unsuspecting person. These charlatans are easily recognized and should be avoided. While they all have studied Karate and achieved some abilities, most of them are no better than average for in their own claimed parent schools they have achieved no special status. The charlatans are predominantly Caucasian and offer some "super" or "lethal" type of Karate as their sales point. In recognizing them, it is only necessary to divide them into two groups: those claiming affiliation with the All-Japan Karate Association and those from other systems.

Insofar as the All-Japan Karate Association is concerned, no foreigner is graded over 2nd Grade Black Belt (2 Dan), or is liable to be in the near future. The highest Karate grade in this association is 5th Grade Black Belt (5 Dan) and is held by only a few top Japanese

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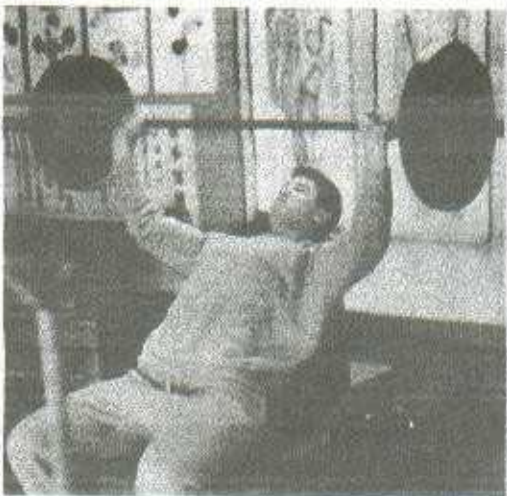


Leading Japanese female Karate expert is Migami, 2 Dan, who trains for two hours daily.



The crushing force of Empiuchi, a form of elbow striking, demonstrated by Abe, 2 Dan, against a 150-pound block of ice.

Canadian Karate enthusiast Doug Rogers is an avid barbell fan. Weight training methods are a part of the normal Karate training routines in Japan.





SELF-DEFENSE LIBRARY

KARATE BOOKS

KARATE, THE ART OF "EMPTY HAND" FIGHTING, Nishiyama & Brown	\$4.75
KENPO KARATE, Ed Parker	\$5.95
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KARATE

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officials who have spent a lifetime of study and practice.

Other systems have made limited promotions to a higher grade to spread their popularity, but generally in similar fashion to the All-Japan Karate Association, most of their exponents are no higher ranked than 1st or 2nd Dan. In these higher promotions of foreigners, none are above 4th Grade Black Belt (4 Dan) and claims to the contrary are self-appointed and meaningless. In perhaps the most famous "other" Karate system, that of the Gojuryu headed by Iron man Mas Oyama (subject of a future Karate article), the highest grade awarded to a foreigner is an honorary 4 Dan to a Caucasian in California for aiding the growth of Karate in the U.S.A. In the Gojuryu system, grades above 5 Dan exist, but such grades are meaningless in Oyama's opinion, being reserved only for master teachers with scores of years of practice and study. The best men of the Gojuryu are 4 Dan or below. Caucasian Karate instructors claiming ranks above 2 Dan should be questioned seriously and if necessary, checked by the American Karate Federation (see end of this article).

The Karate boom in the U.S.A. has made it necessary for the All-Japan Karate Association to begin organization of an official national Karate body in the States. For this purpose, three Japanese instructors and officials have been sent to aid interested Karate students in the U.S.A. in establishing a national organization. It is only these qualified Karate experts and the chosen

American Karate men connected with them which are leading the formation of the American Karate Federation. Interested readers desiring information about true Karate and its development in the U.S.A. should direct their questions to this headquarters. The following list is a complete directory of all qualified Karate Black Belt holders in the U.S.A. (those holding ranks awarded by the All-Japan Karate Association):

- *T. Okazaki, 4 Dan
American Karate Federation
% R. Schwartz
Camaron Apts., G-17
Henry Ave. and Walnut Lane
Philadelphia, Pennsylvania
- *H. Nishiyama, 4 Dan, California
- *H. Kanazawa, 4 Dan, Hawaii
J. Castillo, 2 Dan, Colorado
H. Nakata, 2 Dan, New York
R. Trias, 1 Dan, Arizona
R. Asato, 1 Dan, Hawaii
C. R. Gollingsworth, 1 Dan, Oregon
Capt. H. Danzuka, 1 Dan, Colorado
J. Dunaway, 1 Dan, Michigan
R. Fusaro, 1 Dan, Minnesota
J. Giller, 1 Dan, California
G. Golden, 1 Dan, Florida
H. Kaus, 1 Dan, New York
M. Miner, 1 Dan, New York
T. Myslinski, 1 Dan, New York
M. Ohata, 1 Dan, California
Capt. G. Salter, 1 Dan, Florida and Texas
- E. Schine, 1 Dan, Hawaii
B. Sheck, 1 Dan, address unknown
Lieut. J. Tanaka, 1 Dan, Colorado
- *Japanese instructors on loan from All-Japan Karate Association.

• end

BARBELLS ON CAMPUS

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as opposed to 18), as did those taking any combination of classes (there were 21 others that could be selected) excluding weight training.

WOMEN'S PROGRAM

Several years ago, in lecturing to a physical education program class for teachers, the writer discussed various aspects of conditioning in general and weight training in particular, mentioning its value for women as well as men. At the conclusion of the class period, a young lady came forward and asked if such a class could not be offered at Eastern. She was informed that if she could get nine other young ladies who were interested in such a class and would enroll, a class could be offered. In January 1959 such a class was started with twelve girls participating. This number jumped to 50 in the fall of 1959 when the class was first listed in the College time schedule for classes. These classes have filled to capacity

each time since and are now one of our regular women's physical education activity class offerings.

The girls lost, on the average, one inch each from their hips, thighs, and waist. Some added to their bust measurements. The women physical education teachers at the College now instruct these classes and believe them to be one of our most important offerings.

SPECIAL EXERCISE PROGRAMS

In this area fall the programs for those with physical disabilities, programs for athletes training to better themselves in their athletic specialty, and programs for those specifically interested in serious bodybuilding.

In the area of physical disabilities, the division of Health, Physical Education and Recreation offers special work for those having had knee injuries, back injuries, shoulder injuries, arthritis posture abnormalities etc. This

Dear Mr. Draeger:

Enjoyed your article "The Truth about Karate." I would like, however, to point out the fact that the "All Japan Karate Association" mentioned in your article is plain "Japan Karate Association." There is another association with the word "All" in its title. They are in no way related to the JKA.

Your directory of Black Belts lists R. Trias of Arizona as a Shodan of JKA. He is not a product of JKA methods and was never awarded Shodan for proficiency in the art as taught by JKA. He was recognized by JKA for organizing a group of Karateists in Arizona, but never Shodan.

Yours very truly,
Joseph Castillo
Fort Carson, Colo.

Although presently the Japan Karate Association generally is referred to as such, it has been known as the All Japan Karate Association as well. The 1 Dan ranking of R. Trias is correct according to the records, but it is true that this rank was awarded for aiding Karate growth rather than for technical competence. Ed.