

# **TSU SHIN GEN INTERNATIONAL**



## **INSTRUCTORS MANUAL TEACHING FIGHTING DRILLS AND FIGHTING KATA**

# **TSU SHIN GEN - FIGHTING DRILLS AND FIGHTING KATA**

Each Kata and Fighting Drill consists of a mixture of eight individual fighting combinations that fit into one or more of the three main categories of fighting i.e. Self-defence, Tournament Fighting or Dojo Fighting.

These combinations have been arranged into a Fighting Drill or Kata to help the students learn and remember them. However, it is not the stringing together of the eight combinations that is important, it is the performance of the individual combinations that is the goal. The TSG-Fighting Drills and Fighting Kata form part of the backbone of the systems and they should be practised until the actions and reactions become reflex.

During the first couple of months of practising a new Fighting Drill or Kata, only the individual combinations should be practised. Once the students are familiar with the combinations and can perform them well, then and only then should the set of combinations be practised as a whole Drill or Kata.

In the Tsu Shin Gen first instruction films of the Fighting Kata and Fighting Drills we have also shown the free sparring way of practising them. In the films of all the other Drills and Kata we have shown them step by step and in the traditional T form in order to show the techniques from different angles.

Even those Instructors, who are not interested in the idea of “formal patterns”, may find when teaching a new Drill or Kata that they make it easier for the students to learn the sequence and angles if the combinations are taught in this manner. Then once they have learnt the sequence, they can practise them mainly in the Free Sparring form.

## **TRADITIONAL FORM**

1. The Fighting Drill or Kata is performed with two partners, the Instructor counts and one combination is performed on each count, in the basic T-pattern.

2. The Fighting Drill or Kata is performed with two partners; it is performed without counting (Mogorei) in the basic T-pattern.

These two training forms teach sequence, angles and reflexes.

**Once the Fighting Drill or Kata has been learnt this form is mainly meant for demonstrations.**

## **THE MAIN WAYS OF PRACTISING THE FIGHTING DRILLS AND KATA ARE AS FOLLOWS:**

1. The combinations are practiced on the spot, with a partner (Uke), repeating each combination several times.

2. The student and one training partner (Uke) are moving freely and the Kata is performed in a continuous flow, without counting, in a free fighting form.

3. The most advanced method is the sparring form where a partner attacks with the attacks from the Fighting Drill or Kata in a random order and one tries to respond with the appropriate combination.

**These forms develop the ability to perform the techniques and combinations in fighting.**

To avoid injury the student can use the training partner's hands as a target when the Fighting Drill or Kata calls for a counter attack to the head either with a punch or a kick. However it is important that the training partner holds their hands in a suitable position so that the training is realistic.

Remember each combination of the Fighting Drill or Kata must be practised individually. The longer combinations can be broken down into shorter sections and practised. Those combinations that are suitable should even be practised on Striking Pads etc.