



Koryu Uchinadi

Study Groups

On Ko Chi Shin—*Study the old, understand the new*

溫故知新

As traditional kata is linked to the ancestral kata of Okinawan karate—which, in turn, traces its origins back to southern-based quanfa, before the modern emergence of “styles”—it stands to reason that what applies to the fundamental templates of those progenitor forms also applies to today’s practices. Having made a study of such history I was able to unravel much of the ambiguity which shrouds the inner-workings of Kata. This resulted in a much clearer understanding of the original art of self-defense.

My study was culminated by the development of what I believe to be a far more encompassing way to learn, practice and teach this original art. **Koryu Uchinadi** [古流沖繩手/old-school karate] is based upon the most realistic contextual premise imaginable—those empty-handed and one-on-one acts of physical violence which habitually plagued the culture in which this art originally evolved. Koryu Uchinadi embraces the art of self-defense, through kata.

Having already done the research, I’ve saved the learner the time and trouble of wandering through an endless minefield of myth and mysticism, and the quagmire of half-truths and self-serving propaganda. The KU method leaves no room for the kind of ambiguity exemplified in modern/traditional karate; i.e., the kind of ambiguity which has given kata a “*bad name*.”

Abstract

Rather than haphazardly teach “*fighting technique*,” or kata, and then show the application practices, after the fact, the KU method first introduces the learner to the habitual acts of physical violence [HAPV]---historically representing the original contextual premise on which prescribed template application concepts were first developed---through two-person drills. After gaining a

reasonable level of competency [against aggressive resistance] KU learners are taught how to rehearse the prescribed application modules by themselves --- culminating the lessons learned. By linking together the individual modules into unique geometrical configurations something greater than the sum total of its individual parts appear - Kata. Practiced by themselves, kata also serve as creative mechanisms through which to express individual prowess while strengthening one’s overall mental, physical and holistic conditioning.

Division vs Unity

What separates us is not nearly as important as what brings us together; Style divides but kata unites! It is the common thread which weaves together the fabric of this tradition. Therefore, let us better understand kata and the mechanism which makes it work. In doing so the barriers that divide us, disappear. When it comes to understanding the mysteries of kata, we’re all in this study together. Karate is not just a way to defend our life...it is a way with which to transform it. Anyone interested in changing their life can embrace this art as a catalytic mechanism; When learned correctly it conditions the body, cultivates the mind and nurtures the spirit. Through diligent training one can improve health, its holistic purpose; be better prepared to protect oneself, its defensive application; build moral character, its social aim; discover and overcome the source human weakness; its philosophical nature, and finally, to know inner-peace, its spiritual essence. It can also be learned/imparted as a provocative alternative to conventional methods of physical fitness and stress management. Learning how to respond dispassionately to unwarranted aggression requires self-empowerment. Such training promotes an inner-calm and, where conflict exists, helps restore balance to personal and professional relationships.

If you’re looking for progressive mentorship, while not losing any of the value of tradition, nor adversely affecting the cosmetic appearance of your style, perhaps KU concepts are for you. I invite you to contact me personally c/o bujin@koryu-uchinadi.com to discuss getting involved with our movement. — Patrick McCarthy

Koryu Uchinadi's unique system of application practices is a pathway between kata and kumite and can enhance the depth and value of any curriculum without adversely affecting the cosmetic appearance of one's style. — Patrick McCarthy