SELF-DEFENCE TECHNIQUES AS AN INSTRUMENT OF COMPETITOR’S DEVELOPMENT IN KARATE SPORT

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Abstract
Modern trends in Karate sport that are in accordance with organizational concept of WKF have tendencies toward Olympic Sports and they are significantly strengthened by new competition rules that are, despite of great progress in providing dynamics into Karate, still seeking for constant improvement. When it comes to Ju-jitsu, it is often said that it is “the mother of traditional Martial Arts” which puts it directly into basic martial education system that can later develop specialization in direction of Judo, Karate, Aikido etc. As with the most Martial Arts (meaning sports), Ju-jitsu as well develops certain directions and tendencies which are reflected in three main goals that later on can bring compatibility, especially with Karate. These goals are the following: 1) self-defense skills; 2) sports and technical development direction; 3) professional expertise and interdisciplinary. This paper brings comparative explication of basic elements of compatibility among Karate and Ju-jutsu techniques that are equivalent for application in competitors training process in Karate and especially in Kumite discipline.

Key words: self-defense, Ju-Jutsu, Karate sport

Introduction
Sport Karate represents modern phenomenon at the largest scale. It can be said that it is not only sports but also sociological phenomenon that has marked the XX century, especially in the last decade when it gained great popularity. As a result, millions of people today practice Karate and reasons for such expansion are in its original characteristics and values (skill that is applicable in specific situations and in cases of threats to personal safety including the characteristic of the discipline that develops the one’s personality, etc.) and as well in Karate’s dominate orientation towards dynamic and exciting martial art. As it is already known, Karate has been developing for long time as a martial art, carrying along the original principles of its home – the Far East. However, in contact with different cultures and mentalities, Karate has been transforming. The orientation towards high mass, in particular, caused its distinct and visible transformation. From the art of self-development, Karate became a hobby, recreational activity and finally modern sport. By following the modern tendencies towards dynamic sport, Karate faced the inevitable changes and transformations. They were reflected primarily in changes of the rules of combat and the trial, which basically require a change in training process, especially in terms of competitor’s preparation for sport karate fight. Defining Ju-jitsu is usually associated with the meaning of self-defense in it’s broadest sense. However, contemporary tendencies and point of view claims that Ju-jitsu is a lot more than that. This skill has become a new, attractive sport, that meets three different and most popular disciplines: Judo, Karate and Aikido. Therefore, Ju-jitsu became exceptional form of professional application, integrating interdisciplinary knowledge and skills, trying to outdo it’s competition and derivatives.

As with the most martial arts (sports) in the system of Ju-jitsu, there are certain trends and tendencies which are reflected in three major objectives whose achievement brings compatibility, especially with Karate. These goals are the following: 1) self-defense skills; 2) sports and technical development direction; 3) professional expertise and interdisciplinary. It is often said that Ju-jitsu is “the mother of traditional Martial Arts” which puts it directly into basic martial education system that can later develop specialization in direction of Judo, Karate, and Aikido etc. Such concept is supported by general classification of Ju-jutsu techniques that might bring effective progress among Karate competitors.

Concept of modern sport karate
The original systems and methods of competition, which are still evoked by the traditional Karate followers, have been focused on the concept of “the final impact”. It was basically consisted on idea of taking over the techniques that are efficient enough, strong and properly developed in order to incapacitate an opponent-the attacker. This concept at the same time considers opposition to any opponent without taking into account his physical constitution (weight, strength, height etc.) According to this concept, the whole Karate fight was based on one point (IPPON) so the practicing technology was based as well on the practice of individual kicks and blocks or simple combinations. Such system of training, especially in sports combat fights, has led to a certain saturation among competitors and especially the audience that was expecting more dynamics, attractiveness and excitement. The concept of the one point combat could not secure such thing.
In transformation towards modern sport, Karate was seeking a new contents and forms, so rules of combat and trial have changed. Participation in sports fight and reaching good results are most important motives for competitors and Karate concept has finally got it's attractive and dynamic characteristic. Therefore, the emphasis was no longer on the expression of real power of impact or the demonstration of the "final dead impact", but on the ability of competitor to outwit it's opponent by taking technical points. However, Karate stays the "skill" (because there is no sport without the skill developed) but it is consisted of earned points and ability to prevent the opponent to do the same for his own score. Precisely, that is the reason for actual Karate transformation in terms of rules and concept in general. Because of that, Karate had to be adapted to the sport combat and it's final effects. One of the basic postulates of the modern sport Karate has became the speed and the skill that contributes the efficient point achievement which is different than earlier opinion that included "final dead impact". Karate competitor can be very physically strong but it does not mean that he is skillful and fast enough in order to achieve the objectives of the sport-points that bring advantage. Starting from the basic concept of modern trends in sport in general, fundamental and qualitative transformation of Karate is representing a step forward to more dynamic flow of sports fight. Requests for more efficient elements have caused a lot better execution of Karate techniques in impressive form and speed. In the light of this tendency of sports fight in Karate and the scoring along that, the most prominent are sports explications that are assimilated in modern Karate. The efficiency criteria shows more complex dimension and number of used techniques for achieving points is significantly larger. Features of modern Karate competitors are rich technique achieving points is significantly larger. Features of modern Karate competitors are rich technique which allows him to achieve dominant positions in sport combat. Steadily built technical form, as well as the physical preparedness can give confidence to modern Karate competitor to keep the dominant position while attacking and, at the same time, to control and provide good defense. Unlike the former Karate competitors, modern Karate competitor has to act relying on idea that maintains an efficient flow of the sport fight: "I attack-I am ready to defend myself; I defend-I am ready to attack". Modern trends in sport Karate fight (Kumite) place the emphasis on attack technique and have significantly conditioned the training process of the athlete. Attacking style of fighting has put new demands on competitors, in terms of technical perfection and in terms of physical preparation. Techniques with more complex motor structure (especially foot and hand, in combination with the throws and the like), that are efficiently and properly performed, can bring to contestant significant point advantage (IPPPON-3 points). The dynamics of the combat and its duration (3-4 minutes and without 3 points limit) puts the competitors in condition that they have to focus their training process on two parallel directions, equally important: technically-tactical and specifically-physical. Neglecting or giving importance to only one of mentioned can bring to incomplete and poor sport shape and finally to poor score.

**Application of ju-jutsu techniques in sport karate training process**

It can be thought that modern trend of development of sport Karate has imposed one new dimension of application techniques which are according to their efficiency ranked among the top criteria for reaching points. These are the throwing techniques and their motor structure is highly complex. Therefore, throwing techniques put certain demands in front of competitors and their trainers, which are reflected in improving the training process, its development and implementation. Several years ago, among Karate competitors, even among ones highly positioned, this element could not be seen in repertoire of used techniques. Karate players often didn't applied even popular "cleaning methods" while competing. Yet, new trial rules have put an strong emphasis to elements such as throwing techniques and put them in the category of the highest technical level (proper implementation gives IPPON-3 points). Throwing techniques are, by their roots, related to Judo and Ju-jutsu self-defense systems, and so far they did not get special attention into technical training process of Karate competitors. Still, today they have brand new dimension. The need for their usage and compatibility of characteristics are illustrated on Table 1. First of all it should be noted that their adoption enriches Karate motor structures that are relevant for combat in general, especially those related to movement and orientation in non standard Karate positions (falls, positions of the ground and continuing the fight in them, etc.) Second, by choosing effective and applicable Karate techniques increases the repertoire of scoring that brings significant points advantage (3 points).

**Table 1 – Compatibility of Ju-jutsu and Karate techniques**

<table>
<thead>
<tr>
<th>Ju-jutsu techniques that are compatible with Karate</th>
<th>Techniques that are specific in Ju-jutsu</th>
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</thead>
<tbody>
<tr>
<td>Positions and Guards</td>
<td>Strikes and blocks techniques</td>
</tr>
<tr>
<td>Moving and Distance</td>
<td>Leverage</td>
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<tr>
<td>Falls</td>
<td>Strangulation and chokes</td>
</tr>
<tr>
<td>Throws and Takedowns (side, hand, foot)</td>
<td>Techniques that are banned in sport performance (pressure on the sore spots, hair pulling, etc.)</td>
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<tr>
<td>Hits (hand, foot)</td>
<td>Ceremonial rules and behavior</td>
</tr>
<tr>
<td>Blocks and parity (hand, foot)</td>
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<tr>
<td>General warm-up exercises, breathing exercises, mental relaxation etc.</td>
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</table>
Third, at the tactical level (among top rated fighters) the possibility of predicting the fight is reduced, meaning the preparation of contra attack by the opponent is poor which can bring certain psychological advantage at the very beginning of the combat. Previous experience in the preparation and training process of Serbian best Karate competitors (especially senior and junior and can be related to cadets as well) have shown that this problem still has not been paid on attention. There is not much thought about throwing techniques (including final scoring) so the competition fight are without them as well. This "problem" is included in certain number of expert analysis which showed that the level of competitor’s representative technical elements are not significantly known. This supports the statement that researching, training and practicing certain techniques of self-defense, and later by its application, can significantly improve the efficiency of sport Karate fighting. This must include as well putting the quality of Karate athletes on a higher level. Actual sports practice demonstrates that Karate competitors develop "cleaning" techniques, mostly the "De Ashi Barai" and meaning both, by foot from back position and by foot from front position. Other applicable throws can be barely recognized and the mentioned technique has been used mostly as the attacker technique or preparation to attack.

On its application in terms of defense technique or technique for achieving points from "clinch" it is almost unable to discuss. It has already been mentioned that modern sport Karate is strongly related to traditional Karate skills. By practicing a self-defense skills, Karate maintains all the impurities related to similar Martial arts such as Judo, Aikido etc. All of these arts were made on principles of unarmed fight. In Karate techniques, self-defense is searching for answers or possibilities of overcoming the opponent by leg or hand hits while Judo or Ju-jutsu are putting the following role in top perspective: "Release pressure in order to win" and "With minimum power, maximum efficiency". Such principles indicate that essence of these skills is directed and very often limited by the sports rules. However, by understanding and practicing the essence and techniques, and according them to competitor physical and technical characteristics each sportsman can find various possibilities on his aspirations towards development. New trends in sport Karate have raised the importance of certain groups of self-defense techniques, especially cleaning and throwing. They have become the basis for effective technical upgrade which is reflected in composition of complex technical scoring combinations. Even though they are part of different group of Martial Arts (or skills), some techniques of self-defense have high compatibility with Karate techniques, which is particularly reflected in their application in training process. Whether they are practiced as a supplementary exercise (in general preparation period or interim period of the annual cycle), independent techniques or in combination with other Karate technique, they are very useful.

Advantages are numerous and the links between Karate and other techniques are the following: a) Self-defense techniques are performed from the fighting attitude, the position that does not require severe form and has the character of various possibilities and adaptability; b) The reality of the techniques performed, especially in terms of being attacked by the opponent, is that they are performed in almost real contact with the goal; c) The necessity of the achieving contact with the opponent for more efficient execution of prescribed techniques (such as blocking that requires high efficiency instead of a strict form); d) Connection with the real finish (throw, lever or hit) which in sport Karate means-scoring. This is governed by the rules of combat and trials where each "cleaning" or throw has to be continued with certain scoring technique. Since they were not enough trained and prepared by self-defense techniques, (especially the throw, cleaning and control techniques) Karate competitors were aimed in their training process on movement, avoiding and hitting techniques (hand or foot) that could bring them in final score 3 points. However, that also brought them certain difficulties while fighting, especially when the opponents were in the positions such as the "clinch". Mainly these situations were solved by pushing or holding the opponent until the judge signs to stop fighting. Knowledge and upgrading of certain self-defense methods would solve mentioned situations in fighting by giving the alternative to continue fighting or making score. Although numerous self-defense techniques and possible combinations and situations, that can be applied effectively in Karate fight are impossible to predict, some of those can be separated as orientation to Karate trainers and competitors for using them in training process. These techniques include the following: a) Falls (by practicing basic falls: forward, sideways, backwards); b) Cleaning (during the catching the opponent or clinch); c) Throw (performed out of guard or clinch position); d) Throw (with entry) after stopping the opponent’s hand or foot attack. By setting the proper system of “fighting actions”, certain self-defense techniques or group of self-defense techniques, can be practiced well. As in any other fighting sport, their goal is to set the options for application of learned techniques in nearly real conditions.

Teaching and training methods as well should be adapted to real situations and only in circumstances in which the athlete (competitor) could find the way to apply all learned skills and abilities. Whether it’s about sport Karate fight, Ju-jutsu or any other real situation, in order to properly apply all learned techniques and methods of fight, training process should put emphasis on methods of fighting actions (technique combination) and like that, put competitors on test. Also, during the training and preparation for Karate fight, selected and adopted techniques can be tested on competitors in the situational treatments. Techniques that will be listed represent an illustration of possibilities of self-defense systems as a supplementary means for better preparation of Karate competitors.
The following proposition does not have the tendency to become a standard in training and preparing process or to be considered as the only appropriate to use.

Falls:
- Fall forward (mae-ukemi)
- Fall backward (ushiro-ukemi)
- Side fall (yoko-ukemi)

Throws:
- Throwing the opponent (tai-otoshi)
- Scoop throw (sukui-nage)
- Double leg takedown (morote-gari)
- Major outer reaping (o-soto-gari)
- Advanced foot sweep (deashi-barai)
- Major inner reaping (o-uchi-gari)
- Counter throw – twisting hands (ko-uchi-gari)

Combinations of defense and counter scoring:
- Avoiding, out braking the foot,
- Missing the leg, hit
- Lower block, out braking the foot, hit
- Lower block , throw, hit
- Upper inside block, fall the opponent down, hit
- Front leg withdrawal, hit.

Conclusion

The organizational concept of the WKF includes tendencies to put guidance of sport Karate towards the family of Olympic sports. This is supported by adoption of new competing rules, which despite major contribution to sport Karate dynamics, still seeks constant improvement. Such is conditioned by permanent monitoring and analyzed trends in modern international sport where fundamental guiding lines are – attractiveness, popularity and mass distribution. Modern sport Karate is focused on the improving the character of the process bounding all that is common to all Olympic sports by saving its specialties. This is reflected in respecting some of the basics of sports and scientific principles:

- an interdisciplinary approach to processes,
- physical condition of competitors,
- technical preparation of competitors,
- psychological preparation of competitors,
- tactical preparation of competitors,
- organizational conditions in the sports branch and its social environment,
- material and technical equipment of organization,
- sports diplomacy.

Taking into account the given flows of large number of Karate competitors and their efforts to put sports and technical results into higher level, Karate experts must involve elements of interdisciplinary into their work. This is particularly reflected in the use of resources, methods and training technology of similar or compatible Martial Arts. One of them is Ju-jutsu system of skills, meaning self-defense, which is very popular and dynamic sport. This tendencies and opinion is supported by the conceptual orientation of Karate experts, who especially pay attention to technical preparation of Karate competitors by putting the special emphasis on throw, clinch and cleaning techniques. Also in the tactical preparation of Karate competitors, clinch element has a great significance especially in situations of temporary interruption of the attack and its effective continuation in the combat. Thus, the work of Karate experts and competitors must be enriched by technical elements of self-defense, especially in terms of sports and competition program of Ju-jutsu in order to achieve improvement of technical knowledge and efficiency of Karate competitors, and finally the quality of combats in Karate disciplines.

References

Sažetak
Suvremena kretanja u karate sportu, koja se odvijaju prema organizacijskom konceptu WKF-a, a čija je osnovna tendencija njegovog usmeravanja ka porodici olimpijskih sportova, znatno su ojačana novim takmičarskim pravilima, koja i pored velikog napretka u davanju dinamičnosti karate sportu i dalje teži stalnom usavršavanju. Za Ju-jutsu se veoma često kaže da je „majka borilačkih vještina“ kojim se on stavlja u položaj bazačnog borilačkog obrazovanja, iz kojega su se kasnije izdiferencirale specijalizacije u pravcu džudoa, karatea, aikidoa, itd. Kao i kod većine borilačkih vještina (odnosno sportova) i u sistemu Ju-jutsu postoje određeni pravci i tendencije, koji se ogledaju kroz tri osnovna cilja čijim se ostvarenjem realizuje kompatibilnost sistema, posebno sa karateom: 1) samoobrambena vještina, 2) sportsko-tehnička usmjerenost i 3) stručnost i naučna interdisciplinarnost. Rad se bavi komparativnom eksplikacijom osnovnih elementa kompatibilnosti karate i ju-jutsu tehnika koje su ekvivalentne za primjenu u sportskom treningu karatista, posebno u sportskoj disciplini kumite.

Ključne reči: samoobrana, ju-jutsu, karate sport