

## **Chanbara: 5 Point Workout**

Chanbara gives the dojo and the students a safe and free alternative to practice and enjoy the martial arts without pain or injury. Chanbara the fastest growing combative sport in Japan is now sweeping across America like wild fire.

Over forty years ago Japanese martial artists and swordmasters came together and created a better training concept. The founder, Tanabe Tetsundo and his group of some of the strongest swordsmen in Japan called this new school of thought Goshindo, later nicknamed Chanbara.

These martial artists and masters were very traditional. They also knew that the times were changing and decided to educate today's public in the way of the modern Japanese Samurai. New materials made out of flexible plastics and the constant refining of swords and weapons for combat in the 21st century proved to be a stroke of genius.

**Not only** was Chanbara faster. Heavy and cumbersome protective equipment was not needed. A lightweight head mask to protect the face and a 24-inch long weapon called a Kodachi did not inflict injury to the combatant. The Japanese public embraced this new light touch combative sport allowing it to become part of the Japanese Department of Education.

**Moreover**, masters looking for better ways to practice open hand and weapon techniques. Began to notice a considerable difference in the way the student's motor skills and reflexes improved. Chanbara had easily done in hours what traditional polishing techniques took months and even years to perfect.

**Now**, you are able to effectively fight at 100% of your strength, power and capability. In a relatively short period of time you will master those parries, blocks, thrusts, and refine your strike, your stance, your breathing, your balance, your rhythm, your speed, your ki and mold you into a confident and proficient martial artist.

### **5 part work out**

1) Kihon 2) Sets 3) Technique 4) Sparring 5) Tournament

**To be** proficient in fighting the combatant must have a system to practice with. Many systems are difficult to follow and understand. Many teachers

confuse the student and make technique seem more difficult than it really is. Remember, simple is best. Chanbara's various techniques and methods have been used in battle over thousands of years.

## **KIHON**

A correct strong stance and stroke are the basics. Kihon is Chanbara's main kata which provides those basics. This simple, but effective 5stroke kata takes minutes to learn, but years to master.

## **SETS**

From Kihon the combatants will warm up with rhythmic strikes and blocks using the first 3 of 6 sets. Chanbara's training is unique. Training and warming up exercises are very important to prevent injury and a pulled something....

This basic set of mein, do and ashi....show the dynamics of striking and blocking while loosening up the body and warming up those muscle groups which are put into combative action. A good 10 minute session will give the best athlete a good sweat and enable any student the warm up they need before matching their wits in a good game of physical chess.

## **TECHNIQUE:**

The correct timing and stroke is very important. All combatants have to practice their strokes and their aim. Yes, aim. Most students have great stroke and look very proficient and strong. Although, if one can not hit the target one will not win a point. This next exercise is very important for the development of a perfect and concise strike.

## **SPARRING**

Controlled and supervised sparring is very important for the combatant who wants to learn the correct ways to fight without getting hit and tired. All athletes and sportsmen are at the front of the line until one's stamina and energy is drained. With less energy and drive the combatant has the possibility to misjudge the target and be countered with a hit. Therefore, Chanbara's sparring technique revolves around good posture, footwork, hand technique and ki through correct breathing. Remember, it is not important how you breathe **in**. It's how you breath **out** in sword fighting that keeps you mind and body concentrated on the way of the sword.

## **TOURNAMENT**

For the next 20-30 minutes one can practice with any sword or swords one chooses. Could it be a Tanto or a Choken. Try two swords together. Try a spear against two swords. There are many combinations the combatant can choose from. Just pick up the sword you like and use it. For beginners/primitive fencers most of the training will be done with a Kodachi.

**The Kodachi** is the correct size for studying all technique. Although, during the free sparring period one can try any and all techniques/methods and polish the moves that work for "YOU" and throw away the techniques that don't work. During this time fight the strongest and teach the weakest. Therefore, you too will become a good teacher and being a good teacher makes one a great student.

## **Matches**

All that is tried, trained and polished during class will now be put to the test. Enter the essence of the real fight. Big against small, tall against short, male against female, young against old. With Chanbara there is no set winner. It's the one with the biggest heart.

**Combatants** learn various lessons and ideals through Chanbara matches. Victory gives self-esteem and confidence. Defeat gives respect and humility. Victory or defeat both is praised for their spirit and emotion. Win, lose or draw combatants and spectators want to enjoy good matches.

**Most** matches around the World are practiced with the Kodachi, Choken Nito-ryu (double swords), knife, staff and spear.