A Technical analysis of Seiryoku zen'yō Kokumin taiiku - From a Karate and Chinese martial arts perspective as it affected Kano Jigoro

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Abstract

Background. There is frequent communication and a complex relationship between the martial arts in Eastern Asia, in particular between China and Japan. Nowadays Chinese martial arts are facing the issue of globalization following the wave of Chinese modernization. These authors believe is important to understand the core of martial arts through historical and comparative studies of the time before martial arts spread overseas. In fact, Kano Jigoro referred to Karate in his book Seiryoku zen'yō Kokumin taiiku written in 1924 as well to a set of movements or physical exercises that are now part of Judo. Karate has a close relationships with Chinese martial arts. Based on the analysis in this study, Kano must have known of the relationship between Karate and Chinese martial arts. What is more, Kano had direct contact with Chinese martial arts when he went to China and saw them being practiced. He even said that...
Many martial arts use kata for public demonstrations and in competitions, awarding points for such aspects of technique as style, balance, timing. The most popular image associated with kata is that of a karate practitioner performing a series of punches and kicks in the air. The kata are executed as a series of approximately 20 to 70 moves, generally with stepping and turning. There are perhaps 100 kata across the forms of karate. The number of moves in a kata may be referred to in the name of the kata, e.g. Gojū Shiho, the number of moves may also have links with Buddhist spirituality. The