



# SKF

## SPARRING EQUIPMENT (Kumite)

It's vital for the Karate Do student to understand its elements and what role they play in the Martial arts world. Kihon, Kata and Kumite are three training methods that govern our traditional Karate Do. Their importance is identical, so we must balance and introduce them gradually during the student's path to perfect their life style.

### **Kihon (Basics)**

The Japanese word "Kihon" means basics or fundamentals. The practice of Kihon is essential to all advanced training and includes the practice of correct body form and breathing, while practicing basics such as stances, punches, kicks, blocks and more. Kihon is not only practicing techniques, it is the BUDO encouragement, the correct spirit and attitude always.

### **Kata (Forms)**

Kata is a prearranged series of techniques of movements practiced either individually or in teams. Kata is not intended as a literal depiction of a mock fight, but a display of transition and flow from one position to another, teaching the student proper form and stance. Most of Karate Do practitioners use Kata in order to explain the imagined events, a practice known as "Bunkai".

### **Kumite (Sparring)**

Kumite is the part of Karate in which the student trains against an adversary, using the techniques learned from Kihon and Kata. Kumite can be used to develop a technique or skill, and it also refers to a form of sparring.

Now, like in soccer, baseball, football or other sports and disciplines, each student will require additional protective equipment as they progress in their training. Karate is no exception! We value our student's safety in Martial Arts, "Safety comes first".

Our students will now begin working in a safe and practical method applying the basic Kumite skills which they have been learning during their Karate classes from the Kihon element. As a result, for your child to practice "Kumite" they will need a full set of protective Sparring Equipment which consists of a Head gear, Hand gear, Chest guard, Foot gear and Mouth piece. For safety and hygienic reasons, each student will need to have their own Sparring equipment.

Please ask us, we will guide and advise you, where or which equipment you should buy. The Sparring equipment may also be purchased through your Kodokai Orlando Dojo.

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