

Contents of The Romsey Kyushindo Video

The idea behind the video was to present material that would not always be shown and practiced on a regular basis, i.e not basics. We also included demos and seminars to illustrate the breadth of Kyushindo Karate and the nature of training with other areas.

However we did include the footwork as we felt this was something that could be useful.

RH=Ron Hancock. PC=Paul Chapelhow. JA=James Allenby. RK=Russell Keep.
DW=David Williams

Kata

8 Step (RH), 16 Step (RK), Block & Punch (RK), A, C (JA), 1st Kung Fu (RK)

B (JA), D, E, Chopping, Fist, Blocking, Kicking and Circular (PC)

Short Stick, Long Stick and Sword (RH)

Footwork

V, H, 4 Double Box pattern, 'Mirrors' Pattern (RK)

Staircase, Star, Chinese Walking & Circle (PC)

Single Box (DW)

X (JA)

Demo Routine (RH)

Applications (RK,PC,DW,JA)

Circular strikes, simultaneous strikes, kick defences, X block - right and wrong

Knife escapes, Dan grade compilation, hand sparring, full sparring, 2 onto 1 sparring

Throws (RH,RK,PC,DW,JA)

Breakfalls & breakrolls, 4 syllabus throws, half sacrifice and full sacrifice throws

Syllabus groundholds, combat throws

Releases and Locks (RK,PC,DW,JA)

Syllabus releases (from wrist, lapel, throat, headlocks), other releases

Arm locks, armbars, leg lock, lock throws and takedowns.

Demos

Advanced kicking - crescent, turning, spinning and aerial kicks (JA)

Tai Chi form excerpt, Bagua palm change excerpt (PC)

Tai Chi Sword excerpt, Nunchuku, Tonfa, 3 section staff, Sai, Kamma (JA)

Oxford katas: No.6,7, Falling, Butterfly Sword, Bo

Performed by Garry Strange, Tony Hulbert and Phil Clewley

Romsey Schools demo: July 2001 - Video from Paul Chapelhow

Hatches Farm demo: May 2002

Seminars

KMAA Annual Seminar, Redhill - November 2000 - Video from Phil Clewley

KMAA Annual Seminar, Oxford - September 2001 - Video from Paul Chapelhow

Romsey Seminar - June 2002 - Video from Paul Chapelhow

The web address printed on the video cover gives details of a accompanying booklet that can be downloaded.

You can view some [Quicktime](#) movies of some locking,throwing combinations

[Combination 1](#)

[Combination 2](#)

[Combination 3](#)

These are the 'slow' versions of some of the techniques presented in the video.

(Please be patient, as no download progress shows, however the movie will 'suddenly appear')