



KISSAKI-KAI KARATE-DO

WHEN YOU'RE READY FOR THE REAL THING



NEWSLETTER

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Why Kissaki-kai?

- * Kissaki-Kai teaches effective defensive karate
- * Kissaki-Kai promotes reality in training
- * Sport & Fun are not forgotten!
- * Family atmosphere
- * No Politics
- * Not Style dependent.
- * Recognized world-wide
- * International Dojo

Kissaski-Kai What goes around..

Please to allow me to **introduce myself...**

My name is Conrad Lee, and I have spent my life learning the martial arts, with my roots being in Japanese Karate.

I first met Sensei Vince Morris at one of his seminars over two decades ago, in Whitehaven, Cumbria. It was April of 1993. Although I knew who Sensei Morris was I had never trained with him, but I had seen an advert "Put reality back into Kata" in a martial arts magazine and thought I would check him out, see what he had to offer.

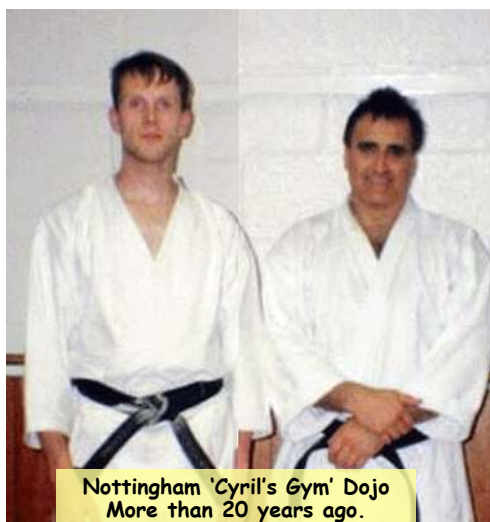
My background is Shotokan and I was with the Karate Union of Great Britain at that time, with around 12 or 13 years training under my belt. Although I had read much I had no real experience in martial arts outside of Shotokan, aside from a little Western Boxing, and lessons learned fighting in the streets in my youth.

Truthfully I was a little disillusioned with Karate, Shotokan specifically to

say the least, after years of hard training. Same stuff, different day! My experiences in the street opened gaping wide holes in my training for I knew much of what we did bore no connection to the brutal reality of uncontrolled violence. I had witnessed decent Karate-Ka get smashed by thugs with no training whatsoever, just a bad attitude and a lifetime's experience fighting! I never joined a Karate club to practice a sport! I was bullied from my very early years and by 9 years old I began to fight back, promising myself never to be bullied again.

The seminar in Whitehaven was well attended. I did not know anyone there as I had travelled up on my own. Sensei Vince called me out first off and provoked me to hit him as hard as I could to his body with

Gyaku Tsuki. I was tentative initially, but his goading annoyed me so I put in



Nottingham 'Cyril's Gym' Dojo
More than 20 years ago.

more and more power until I was giving him my best shot to his body. He just took it! Looked at me and said, "If that's all you've got I will eat you!"

We were introduced to applications for all the fundamental receiving techniques, erroneously called blocks, relative to the vital points or weak areas of the arms, legs, body and head, centred around **Sensei's research and immutable principles.** Wow! Talk about opening my eyes! I still remember the pain from the cross wrist seize defence from beginning of Naihanchi. Ouch!

I was hooked and wanted more, proceeding to follow Sensei around the

UK attending most of his seminars. I especially liked travelling to Nottingham for his seminars at **Cyril's Gym.** There was a

great group of people there, all walking the same path. I remember well the **'Murder Runs'** and other hard sessions where I learned so much about myself, and the times I would pick myself up from the floor after being **Sensei's Uke.** Some of those who trained with Sensei back then may remember me.

That summer of '93 I attended the KUGB camp in Lancaster University as I usually did, but this year my mind was focused on the applications I had been learning and how they more than adequately explained the reason for



these techniques in self-defence and hidden within the composite technique that make up Kata. After training with one of my favourite teachers, Sensei Terry O'Neil, I asked him what he thought about Kyusho Jutsu and for his advice. Sensei Terry asked me who I had been learning this from and to show him some techniques. I demonstrated Waza for all the fundamental receiving techniques. He told me that he had heard of Kyusho but had never learned any or knew of **anyone who could do it. "If what you're doing is bringing more meaning to your practice then pursue it,"** He advised. I trusted Sensei O'Neil. I had trained with him many times and he was a principle teacher of my Sensei in Windermere.

A year or so past and Sensei Vince had noticed that I kept showing up to train on his seminars everywhere, as did his senior students, and

I was honoured to be invited into the inner circle of Kissaki Kai. I had already chosen to leave the KUGB and join Kissaki Kai. I continued to train at all the seminars that I could and through Sensei Vince I first met Sensei Patrick McCarthy.

Sensei McCarthy was just writing the program for the Australian College of Natural Medicine when I met him around 1995 I think it was, and the two year full time instructors program intrigued me. I had been aware of him for many years due to his contributions, especially historic photographs, in martial arts magazines, particularly Terry's Fighting Arts International magazine.

The years went by and I continued to travel regular to Nottingham to train with Sensei Vince. I earned my Sandan in Kissaki Kai after a hard and bloody grading. I eventually emigrated to

Australia to undertake Sensei McCarthy's instructors course in February 2001, with every intention of returning after the two year program was complete.

Funny how often life gets in the way of the best made plans, and I got married to an Aussie girl and we eventually had a **baby together... No** going back to Old Blighty for me now!

So after I had completed the diploma with the highest score of anyone who undertook it, I continued to teach full time for Sensei McCarthy for years. I gave my time free and we became very close, as close as a moth can be to a flame! I instructed daily and continued to train and study hard. The years at Busen I was in the dojo at least 60 hours each week! Eventually when my daughter Phoenix was born I cut back on everything I did at the college, still attended during the day and continued to run my own Dojo in Graceville, and utilised my time bringing my daughter up alone as a single parent.

Around 4 or 5 years ago I walked away from Hanshi McCarthy for good for reasons that I do not yet wish to share publicly. Suffice it to say that I could no longer compromise my own integrity and honour by being close to him anymore. A painful decision after all the years

being with him all day, day in and day out. But a decision I have stuck to as I moved forward with my own life.

I had been awarded Renshi Menkyo teachers licence upon graduating from Busen at the end of 2002, as well as being Chief Instructor at the Koryu Uchinadi So-Honbu dojo from 2002 – 2007. I earned my Godan in Koryu Uchinadi Kenpo Jutsu in September of 2005, after having demonstrated for my grading the entire KU syllabus, and instead of a thesis (as I had done so many thesis at Busen on many different aspects of the fighting traditions), I translated the four chain link application drill techniques into Japanese; Kan-setsu and Tuite Waza, Shime Waza, Nage Waza **and Ne Waza... literally** hundreds of techniques. And for those that had no name I gave them one, in English and Japanese translation,

I had met some great martial artists from around the world at Busen and some of them I am still extremely close with. I have gained much experience in a multitude of other martial arts since coming to Australia. In January of this year I was honoured to be awarded 5th Dan in Modern Arnis Kombatan, by one of GGM Ernesto Presas Snr's personal live in students, Master Kurt Graham 8th Dan, whom I have been learning Filipino Martial Arts from for the past 14 years since I first met him at Busen on 2001. I have learned so



much about the fighting traditions from this very talented Budo-Ka over the years and we remain very close today.

Roots are important...

Where we came from, that which provides a foundation to be built upon, and a **strong lineage... Roots** are what we grow from. As such it is an honour to once again be associated with Sensei Vince Morris. In truth I may not be practicing the martial arts today if it wasn't for Sensei Vince. He relit the fire of passion in my belly back in the good old days as he was beginning Kissaki Kai.

All the things I learned back then are based upon immutable principles, as such they are timeless and effective techniques. And from my perspective now, Sensei is still one of the leading teachers in traditional Japanese karate, not only because he dares to think outside the box, but he bases his perception on effective self-defence drawn from the ritualised composite technique of Kata, based on reality and that which works. Thus providing students with an option of realistic and useful training, whilst at the same time explaining the often misunderstood analysis of Kata.

I have always kept an eye on Sensei Vince and Kissaki Kai, but being so busy I lost contact for a number of years. However, I have always maintained Sensei is one of my principle teachers and I respect him as much today as I did when I was an



active practitioner within Kissaki Kai. A few years ago we got back in contact and I was honoured that Sensei gave me the position of Kissaki Kai representative in Australia. Since then we have maintained contact.

I am honoured to be associating with Sensei Vince again and with Kissaki Kai. Although I have no desire to **stand under anyone's authority** anymore, I am happy to have been honoured with promotion from Sensei. Not only that but in many ways I have come full circle on my path in the fighting traditions. **Shu Ha Ri... We learn** from the chains of tradition,

break those chains and finally transcend them, coming full circle to arrive once more at the gate of tradition... Youth, adulthood, maturity... Physical, mental and spiritual... More a spiral than a circle as we move forwards as we progress and mature and gain wisdom.

Twenty two years after first meeting Sensei, he is still doing the business, still researching and developing, and still offering so much more than most teachers of Japanese karate. Shotokan is a sport regardless of what its practitioners may or may not think, but Kissaki Kai is not a sport. It is a

functional martial art. And I am honoured once again to be recognised by Sensei and if my skills and knowledge can be of service to members of Kissaki Kai then I most humbly offer them. A chain is only as strong as its weakest link. So as teachers and role models we ought to strengthen those weakest links, whatever and whoever they may be. So that the chain that is Kissaki Kai is unbreakable.

Conrad Lee Australia 2015.

If ever anyone exemplified the concept of 'Shu-Ha-Ri' it is Conrad, and it is a pleasure to welcome him as a senior Kissaki-Kai instructor. We are very fortunate to have such excellent sensei - and Conrad will fit right in with them.

Kissaki-Kai One minute Dojo

New series of short FREE instructional Videos by sensei Vince Morris now on www.kissakiusa.com

Training hints, Kata bunkai, body mechanics, correct techniques, Rules of Combat - all your questions answered in short, to-the-point video clips.

Email or post your queries on training or Kata applications on www.kissakiusa.com or sensei Vince Morris' FB page:

See us on

facebook



Distance Learning Website Re-vamp!

For more than 4 years students who wanted to discover more about Kissaki-Kai but who did not have easy access to a local Dojo had the opportunity to progress their studies by joining the Distance Learning Website (www.kissakikai.com) which allowed them to download a new training video every month dealing with specific aspects of the Kissaki-Kai syllabus.

It is also a requirement of Dojo membership that one person (usually the instructor) also be a member. This ensures that all over the world, each student and Dojo has access to correct training advice and visual lesson plans which conform to and promote the correct Kissaki methods and principles.

Considering the wealth of detail and information required to master the 5 levels of training - Atemi-waza with Kyusho, Shime-waza, Kansetsu-waza, Nage-waza and Ne-waza - it is not surprising that there are 3 years of material available, plus the opportunity to ask questions and get answers on the 'Web TV.'

Starting in the New Year, it will now be possible to reduce the membership fee by \$10 a month, to only \$20! And this special offer will

only be available for the first few months of the new year.

The first installment is actually 3 month's worth of episodes to get you off to a good start.

The course covers all the important aspects of the Kissaki-Kai system, and includes graphic examples of why the training is necessary by using CCTV examples of real situations and analyzing them in terms of developing better defensive skills.

This web-based training ensures that every Dojo has access to correct Kissaki-Kai concepts and training methods and can be used to provide monthly templates for Dojo lesson plans.

Members are encouraged to email in questions regarding their training or understanding, and these are answered on the 'Web TV' videos.

Every month members can download an especially made video dealing with particular elements of Kissaki training. One month will deal with the use of the vital points, the next with specifics of certain techniques (mawashi-uke, frisbee-uke, name-gaeshi etc.) which are the bedrock of Kissaki-Kai. Each month a different topic is addressed in detail

Take a look at some site feedback -

"I really enjoy and use the

material regularly in my classes. I would miss it tremendously if I couldn't get on the website.

Not only am I getting a seminar every month, I also have the ability to go back a review previous seminars over and over. Never again do I have to look at and try to decipher what I wrote. Never again will I practice a technique incorrectly for several months. Imagine what we could accomplish if Vince did not have to review material from the last seminar before showing new material!"

"It is like going to a Kissaki-kai seminar whenever I want! More importantly is the ability to go back and refresh one's memory of the previous lessons. Then the next month's video comes out and we get to start over again."

"As an instructor, I find the online training an invaluable tool. On average, it takes me three to four classes to cover all the material from just one online class. I figure fifteen to twenty minutes for each technique. Then we just practice the new material over another three to four classes. Online I can review all of the material over and over again; study the techniques with greater detail and then after class re-view and research the finer details for the next class."

"It is my humble opinion that this online training website is the best Kissaki-kai teaching tool available next to the Kissaki-



From the new DVD 'Bassai-Sho'

kai instructors themselves. Try it out you will not be disappointed."

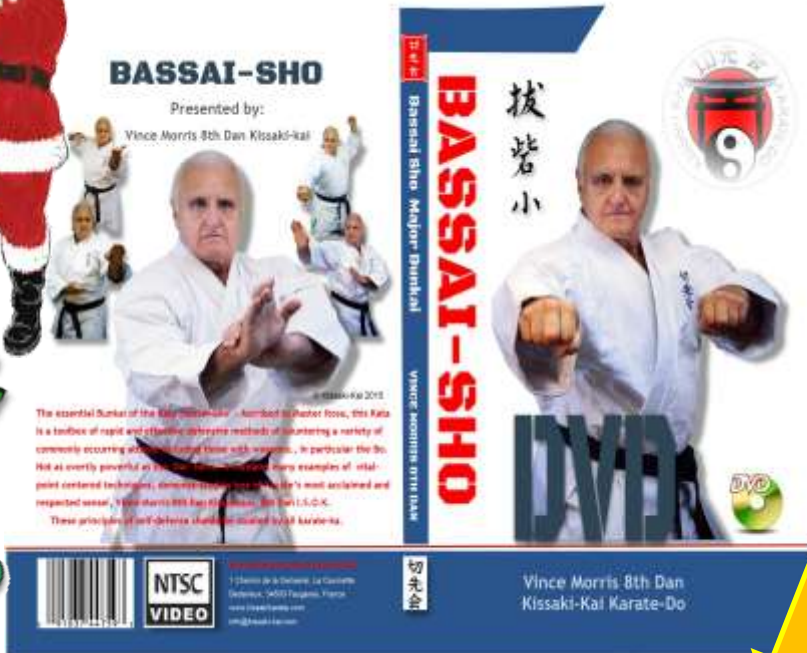
www.kissakikai.com



Levitation Training - some 25 plus years later - still works :)



Gift Ideas for Christmas



BASSAI-SHO

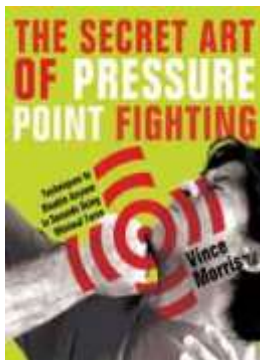
The latest DVD from sensei Morris - An hour and twenty minutes of detailed bunkai analysis and training from **one of the world's leading** researchers and exponent of practical, effective defensive Karate!

\$45 / £29 plus post.

See this and others at the website:

www.kissakikarate.com/shop.htm

BOOKS ALSO AVAILABLE

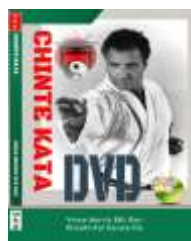


Contact us if you would like to host a seminar in your own Dojo, in Europe or in the USA. It will not impose any financial stress, and we will work with you to ensure it is a success. Email us for details at ~ info@kissaki-kai.com



Seminar in Belgium

Books, DVDs, & Pads - order from www.kissakikarate.com



Chinte Kata

The essential bunkai of the kata 'Chinte' - 'Strange' or 'Unusual' hands. Chinese in origin, this kata is a toolbox of rapid and effective defensive methods of countering a variety of commonly occurring attacks. Long-time denoted as a female defensive kata, it contains many examples of vital point centered techniques, demonstrated by one of karate's most acclaimed and respected sensei. The principles of self-defence should be studied by all karate-ka. Over an hour of instructional video.

Genesis of Kissaki-Kai - Set of 4 DVDs

The Genesis set is a re-mastering of seminar samplers 1,2,4 and 5, showing the development of Kissaki-Kai Karate-Do: These 4 DVDs, recompiled from the earliest seminar videos, analyze and demonstrate the use of Kyusho points, the Flinch Reflexes, the 'Frisbee-uke' - the 'Rules of Combat' and much more. See how the application of research and logic altered the perception and practice of Bunkai! The quality is not as good as current DVDs but the content is important! \$50 NTSC (USA) £33 PAL (Europe)

The Secret Art of Pressure Point Fighting: Book & DVD-combo

Martial arts skills of masters who possessed a mysterious ability to defeat an opponent with a single perfectly placed blow. This book transforms the ancient legend into a modern reality - an anatomically based fighting and self-defence system that allows a small defender to defeat a larger attacker. - Over 300 step-by-step photos show each point and strike.

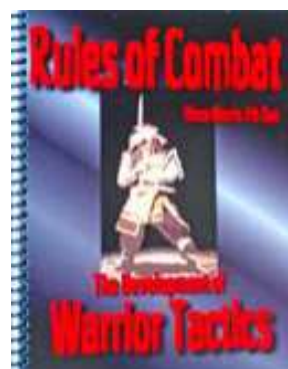
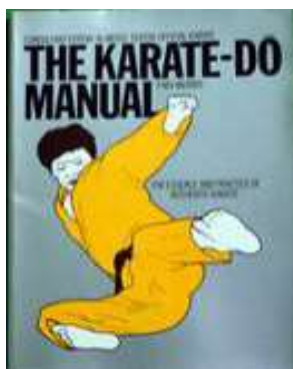
\$28 NTSC (USA) £22PAL (Europe) DVD shows detailed action and more than the book.

Essential Kissaki-Kai Karate-Do - Double DVD

This set is giving detailed instruction in the 5 levels of Kissaki-Kai Karate-Do: Atemi-waza, shime-waza, nage-waza and kansetsu-waza. A masterful compilation of real, effective, defensive combat techniques which should be studied by all karate-ka wishing to gain a full understanding of this defensive art. Based upon the 3-year distance learning program, but including much new material, this DVD set is an invaluable insight into how to make karate truly effective. Shin-ippou Kumite, the 'Rules of Combat', the use of Kyusho points, the flinch reflexes, the 'Frisbee-uke' - and much more is covered here!

\$45 NTSC (USA) £29PAL (Europe)

Go to the web-site shop to see all the books, DVDs and other items available (T-shirts, Protective pads etc.)



Available now from: www.kissakikarate.com/shop.htm