

The Untold Warriors of Shotokan Karate (An Introduction of Shotokan) Regarding India and Japan

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Abstract: *Since ancient times, the art of self-defense has been considered very important. Along with daily activities, various physical education skills have also been given an important place, so that the body can be kept healthy. This is the reason that various soldiers were given special training by the courts so that they could protect the state and the people of the state in times of crisis. In the same sequence, the ancient styles were emphasized by India and Japan to revive and develop various martial arts in the present, which developed and reached different communities, resulting in various self-defense arts. In India, along with Karate, Malkhamb, Kalaripatam, Gidda Swordsmanship, Kabaddi, etc. are sports which are very popular at present. In Japan also, Karate (JKA), Kobudo, Kempo Samurai, etc are being taught with priority. The Shotokan style has an important role in the Karate styles practiced in India. Since this art was developed by Gichin Funakoshi, the art from Okinawa Province reached various states of India. The untold warrior of Shotokan research paper is basically based on the Karate Masters which is basically known as SENSEI in karate and Japanese style. The research paper contrast on karate masters working pattern and method of Shotokan style.*

Keywords: karate, shotokan, traditional shotokan karate do, japan karate association, kalaripattu, world fudokan

1. Introduction

Karate art mainly consists of Sukiwaja i.e. punching, Uchiwaja strike, use of Girivaja kick, and blocking of any blocks like Ukwaja. Masatoshi Nakayama, while evoking the changes in karate art, has indicated that various actions are performed by the human body itself, in which the body needs to be in balance. Without balance, any kind of defense and attack is a waste. For this reason, balance is considered important in karate art. Along with balance, central gravity also has a special place in karate. Where standing action has special significance in Girivaja and Ukwaja etc. because one leg is used while striking several occasions, which brings the balance on only one leg and the blow is done by one leg, but the leg that has to attack takes the energy and balance by the foot present in the ground so that the attack can be strengthened. How the same attack is to be done also holds a special place because being strong and with speed makes the attack successful. Special attention is given to all these things in Shotokan karate art where it is included as a normal routine for any karate.

Shotokan holds a special place in India as well as Shotokan Traditional karate. Shotokan art has been highly practiced in India since the GojoRyo.

In India itself, the Traditional Shotokan Karate-Do Association, Japan Karate Association, Ranbukan Karate, Universal Shotokan, etc., are organizations that are deeply attached to the Shotokan and are making every effort to take this art forward.

The same is the name of Rajiv Sinha, a big name in taking forward the Shotokan karate. Currently, he has 7 DAN BLACK BELT. He considers his karate journey as a sudden decision.

He said that it was his stubbornness to choose karate, which is why he choose this art. He was heavily influenced by

Karate since childhood, which is why he choose this game over other sports. At the same time, during the practice, he prepared himself for the world level, as a result of which he won a silver medal for India by participating in the 1984 Rothomas Malaysia World Karate Championship. It was a proud one because, after this, he became the first Indian in karate art who had won a medal on the international stage. He told that there are ups and downs in everyone's life, but should not continue to care about those ups and downs, due to which, by making these obstacles a weapon, he reached the world level and made India proud with his victory. He won for the country still he faced discrimination here, even after winning.

He believes that cricket was present in everyone's heart at that time, which is why he did not get the place a Karateka should have got. They say that there were two ways in front of him to become a cricketer himself or to take karate to the point where cricket is today. For this reason, he considered the formation of the Ultimate Karate League. In due course of time, he became completely dedicated as a karate instructor and in 1994 he made a successful attempt to form a karate team for India.

He trained the team members of Karate in 1986 in Shri Ram College of Commerce. But unfortunately, he could not participate. He further states that he was an international coach at the time of the year 1994 and was invited by the Czech Republic but he accepted to become the coach of the Czech Republic country, which resulted in six months later by the Czech Republic at the European Karate Championship by Sensei Rajiv. Under the guidance of Sinha, they got the third position, as a result of which was not awarded any medal in the World Karate Competition by India since 1984, but he knows that now is the time to move ahead positively, where attempts to develop karate should be made in India.

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Various coaches are being called to develop karate and excellent training is being provided to the karateka who specializes in karate. This is the time when people are making Karate the center of life, due to which its popularity is increasing in India. UKL endeavors to take Karate to a higher position in India, which they will always strive for. The work of broadcasting Shotokan art is being done in various states of the country, including Shihan Raj from Maharashtra, Shihan Vinod Kumar, Kyoshi Ajay Gurung from Uttarakhand, Sensei Surya Prakash Singh, and Anil Kumar Ram from West Bengal are the masters, who are constantly working to develop Shotokan.

Sensei Rajiv is currently the President of India's Traditional Karate Federation and is also the Editor of South Asian Karate Sandhi. He has also been honored with the South Asia Award in the year 1994. The book Influence Vedic Philosophy of Japanese Karate-Do has been written by him. In the year 2007, Project Shakti was launched by Rajiv Sinha to teach the art of self-defense to 10 lakh women, where the work of empowering women was done.

He is preparing to make the project of TRADITIONAL KARATE –CENTRIC MULTI SPORTS WORLD SCHOOL in Dehradun itself. He is also working to establish a residential school named Param Purush Vidyapeeth.

Along with being a 7 dan black belt, Sensei Sinha holds the post of VISITING PROFESSOR in Asia, Europe, and North American universities. The conventional branch of Shotokan is being carried forward by Kyoshi Ajay Gurung for which he is giving special training to various college and school students. Karateka of his dojo is raising the name of state and country by participating in various state national and international competitions. Kyoshi Gurung tells that he had his initial training in karate by Sensei Jabar Singh Bhati, who had been the captain of the outgoing Special Forces (training). To maintain this karate energy by Mr. Jabar Singh Bharti, at present, Karate training centers have been opened in the state so that they can make everyone self-reliant by training them in Karate. Gurung explains that the training received by BhatiSensei was extremely difficult as his training was a mixture of commando training and karate art, which led him to strengthen karateka.

Currently, Kyoshi Gurung is appointed to the post of General Secretary of the traditional Shotokan karate-do association and is constantly training students. In this sequence, by increasing Shotokan, praiseworthy work is also being done by Shihan Raj Nishad, a resident of Maharashtra. He started karate in 1991 and was trained by various Japanese teachers, including Shihan Suseki Sadasige Kato, Sensei A. Philipp, Hansi Konichi Kukamizu, Grandmaster Ajuma Takasi, Shoke Lakasi Kitigawa, and Masaya Kohama. At present, he is in the position of President of ATSK India and is constantly trying to take Shotokan forward.

The Shotokan Deep Stance is a journey to provide information about various types of karate trainers, how Mr. Rajiv Sinha, who finished second in the first World Cup in India, seems unfamiliar in the country. He has been an

outstanding contributor to the rise of Shotokan Karate and Fudokan Vision. At the same time, there are many such trained coaches from Uttarakhand to Maharashtra, whose introduction is hardly known.

Karate is worshiped in Japan. The Japan Karate Association makes an important contribution it because the successful efforts of JKA have also given new life to Shotokan and currently the Japan Karate Association sits on the highest peak by establishing its identity throughout the world. Japan's JKA branch training is recognized all over the world. Karate is practiced by the Japanese from the heart.

In India, it has become an instrument of the economy. On the one hand, Japan is leaving no stone unturned to train its karatekas, while the declining level of karate in India is reflected in the fact that the karate association regularly earns money on various items. In case of non-payment of money, entry is given to such persons who are not fit on any footing. Brother-nepotism also sits in the Karate Association of India, where a semi mediator plays a role. Different types of transactions are being conducted in a very diplomatic manner in sports.

Dan grades are being sold, grading belts are being weighed with money, yet we expect medals in the world competition from India without training. Keeping aside cricket, boxing, and badminton, have Indian karate coaches been appointed to date, probably not because the Karate Association is not interested in this, by joining the youth and sports ministry, weighing various karate certificates in different scales of money state karate is limited to providing associations, it is believed that a few years ago, a plan to remove ancient art such as Shotokan was implemented to allow some selfish interests to live their interest in art life. When various World Shotokan Karate Organizations got a clue about this, they warned of movement, which started to stir in the Karate Union of the whole world. As a result, Shotokan is still with us today, and its training is being successfully taken by millions of Karatekas in countries like India, Japan, Italy, Spain, America, etc.

2. Conclusion

Like Japan, karate in India has to provide a platform of transparency where players can be provided with better facilities as well as better training. There is an urgent need to rein in the Karate Association and other State Karate associations so that the players are not exploited. It is through these associations that nepotism has been allowed to enter the games which needs to end so that the talented karateka can represent India.

In the words of Shri Rajiv Sinha that time is moving towards change, the time has come for karate to get the pedestal it deserves. Why are we behind the ancient martial arts of India is a matter of introspection for all of us that we all have to come forward so that India can become a world champion in Karate in the coming times.

List of traditional and modern Shotokan Karate Katas: White to Black belt katas**Basic kata: Taikyuko Shodan (white belt kata or beginner kata)**

Name of the Kata/ Advance/shite katas	No. of stances	Kata meaning
Heian Shodan	21	Peaceful Mind One
Heian Nidan	26	Peaceful Mind Two
Heian Sandan	20	Peaceful Mind Three
Heian Yondan	27	Peaceful Mind Four
Heian Godan	23	Peaceful Mind Five Universe
TekkiShodan	23	Iron Horse One
TekkiNidan	24	Iron Horse Two
TekkiSandan	26	Iron Horse Three
Bassai Dai	42	Penetrating the Fortress-Big
BassaiSho	27	Penetrating the Fortress – Small
Kanku Dai	65	To look at the Sky – Big
KankuSho	48	To look at the Sky – Small
Enpi	37	Flying Swallow
Jion	47	Love (and) Goodness
Gankaku	42	Crane on the Rock
Hangetsu	41	Half Moon
Jitte	24	Ten Hands
Chinte	32	Incredible Hands
Sochin	41	Preserve Peace
Meikyo	33	Mirror of the soul
Jin	38	Named after the Saint
Gojushiho Dai	67	54 Steps – Big
GojushihoSho	65	54 Steps – Small
Nijushiho	24	24 Steps
Wankan	24	Crown of a king
Unsu	48	Cloud Hands

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