

Mystical “Ki” / “Chi” Energy

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IS MY KARATE-DO RIGHT?

Practising Karate-Do and its moves, Belts, Ranks or winning Medals is this enough? What about the Accumulating Energy and Feeling the Energy?

“Feel the Energy” isn’t just a Motto.

It’s a expectation for the first level Black Belts.

We can debate all day long what the “energy” is, and whether or not it is “real” or just an illusion of human perception and so on.

In my opinion debating as such is just a waste of time.

Don’t get me wrong. I’m a seeker of truth, and I find the exploration of the subject of “energy” in Karate-Do and Spiritual world, most importantly the connection between the two is marvelous and fascinating. Some findings are supported by scientific evidences which is also important because most people in today’s world only believe science and hesitant to follow the ancient teachings or the historical practices that are said to derive from our very ancient history and its teachings.

It’s just not particularly useful.

The fact is that when you are doing your Karate-Do correctly, there is a feeling to it.

Though one can argue but the facts will remain in tact plus no amount of discussion about it will change the facts.

It’s irrelevant what the “energy” is. What’s important is what it DOES...

And (at least in part) what it does is give you feedback.

That’s why we insist that all of our students “Feel the Energy” as early as possible. You need to feel it standing still and while in motion.

That feeling tells you when you are in good, powerful postures/stances.

More importantly, when you feel the energy shut off, it means something is wrong. You need to stop where you are, examine the position, and make a correction so the energy can flow again.

It can be tricky (at first), but it is important for your development.

Even MORE important, you must have the need/thirst to practice; this is what allows you to practice on your own, without a Sensei’s scrutiny.

We make all of our students here in our Dojo in Toronto learn this, too, because we want them to grow and develop their skill.

But this is CRITICAL for students who have no need to practice true Karate-Do but coming to Dojo for many other reasons.

You'll start to feel it standing, and then you'll keep it "on" while doing the form.

Feeling the energy – and feeling the breaks in it – is how you get feedback on your movement, which is how you get the real health benefits from your training.

It's not about the moves themselves. It's about the QUALITY of movement and your ATTITUDES, and the SPIRITUALITY the energy tells you whether it's right or not.

That's also the beginning of using Karate-Do as your internal power but also to cure ailments in the body or pain management etc. I believe this is what all about Rev. Bodhi Dharma, who was the ultimate founder in the true history of martial arts, and what he did, taught and brought to China..Then to the rest of the world as China-Te, Oknawa-te and Kara-te etc.

And you can even take it a step further with the exclusive teachings by attending our ABOVE AND BEYOND KARATE-DO sessions. This is only available to extremely dedicated and committed students.

In this program you'll discover a lot about the energy and spirituality alike.

This is one of the key stages of Internal Power training through various energy accumulation exercises, along with explanations for how to use them to develop greater amount of internal power.

Have a nice day and a feel of the energy within you.

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