

## Success through Kenseikan Karate – 12

### CONTROLLING the BREATH

Why is it Important? Mainly because our day to day breathing patterns are not naturally regulated. It is believed that if we can bring our breathing to a regulated rhythm, we can achieve high level of mental power. Meditation is a good example to bringing the breathing pattern to a regulated stage. In Karate at different levels, stages and at different applications we regulate our breathing. Ibuki breathing, practicing Kata, and Kumite with proper inhaling and exhaling are very good examples of the said breathing regulations in different ways at different levels in Karate.

There are various methods to control breathing or bring irregularities of breathing to rhythmic pattern or to regulate the pattern.

1. **Breath Regulation**

By bringing breath to a rhythmic pattern, the mind will be calm and relaxed. Very known and proven method is by doing meditation or concentrating on something for extended period of time.

2. **Breath Control**

Inhaling, Holding and exhaling the breath to a set time frame to a pattern at different strength (doing a kata or practicing kumite are good examples)

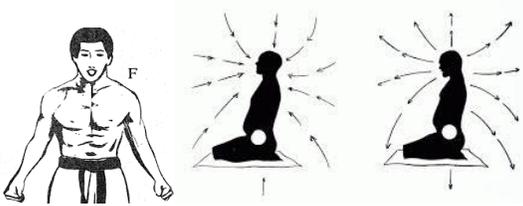
3. **Breathe Lengthening.**

It is known that the time you take to exhale a breath is the key to achieving more strength and power. It is easy to understand. Simply because you will hold the energy (Ki) in your body for a longer period. The energy will act positively within your body for a longer period than you would normally do. Ibuki Breathing in Karate is a good example. This way you will let the energy to work in different parts of the body, muscles and organs.

4. **Breathe Stoppage.**

Simply staying without breathing for a while when concentrating/Meditating (Mukuso). In other words, being in Samadhi (Mushin) stage when meditating or practising a Kata or even a Kumite; a combination of breathing regulation and relaxation of the mind at the same time.

Consequently correct breathing helps us to unify the body and mind. Controlled breathing helps us to focus and control the mind, indeed it is an important part of meditation. By focussing on breathing during meditation the practitioner can often reach a state of mushin (empty mind).



Sensei Nandana Wijewardana, Chief Instructor Japan Karate-Do Kenseikan Canada