

Hello everyone,

By now you already know that the TRUE KARATE-DO TRAINING is a safer and healthier way to train long term. You also know that the daily practice in Kenseikan system leads to even more advanced skills like producing and using energy to heal oneself.

But there's something really cool you may not realize.

Because Internal power comes from hard and true Karate-do training and its principles (mind and body), once you've built it up, you can MAINTAIN it with your normal daily practice.

You read that correctly.

You can use any form you already do to maintain and even strengthen your energy. After the first few years you can turn your normal form into an "Iron fist". I'd be very surprised if your iron fist (blow with energy) doesn't kick on by itself whenever you need it.

And that's another reason that the Internal power (proper use of energy) is so much more rarely seen in sports karate.

Once it is built, Internal energy can be trained and utilized at the right time right way and no one will be the wiser. Any fool can see a bunch of guys hitting bags of stuff and figure out what is going on, but someone watching the intensity would just see what looked like normal karate person would appear to be.

So to recap what we've talked about over the last few weeks, daily Karate practice using internal energy wisely:

- Is Powerful
- Is Safe and Healthy, even long term
- Develops effortless knockout quality strikes
- Can be maintained and strengthened inside your regular Karate practice
- Leads to other advanced skills like vibrating blows that can harm opponents vital organs.
- Is trained Solo (no need for a training partner)
- Uses only your own body (no special bags or equipment needed)

And it can be trained up to a brick breaking level of skill in as little as 100 days, if you combine your training with additional meditation practice. However mind has to be empty (mushin) - pure and clean, without defilements, combined with gratitude and respect.

N.B You must be A HUMBELED KARATE KA to accept the EXTERNAL ENERGY. Because INTERNAL ENERGY comprised of EXTERNAL ENERGY.

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Black Belt 4th dan

24 April 2019