



Stirling University Sen-no-Kai Karate Safety Regulations

Sen-no-Kai Karate insists on mutual respect.

1. Sensei to student, student to student and student to sensei. We bow when we enter or leave the dojo; at the formal start of a class and the final act in the class. We bow before practising with an opponent and when moving on to another partner or part of the practice.
2. We acknowledge the status of the Instructor and will do what the instructor asks, to the best of our ability. If as a member we disagree with an instructor's teaching, we should privately question the action later with the instructor during the class, or after but never in front of the class.
3. Sen-no-Kai welcomes members of other martial arts to practice with us but they should remember they are here to practice Sen-no-Kai not their own style unless specifically asked by the instructor.
4. At all times this code of respect will filter through all aspects of the class without it we are nothing more than fighters scrapping.
5. When using weapons the rituals used in lending and taking of a weapon from a partner are crucial for safety even if they seem odd and should be adhered to at all times.

Theoretical

Sen-no-Kai is about the harmony that exists in the battle between one or more opponents and yourself. We aim not to be stronger nor faster nor harder than our opponent and the use of these attributes should be adapted to suit the aims of Sen-no-Kai, not the other way around.

"Outer softness-inner strength."

The main theme that filters through the whole teaching of Sen No kai is one of mental strength, strength through movement, distance, timing and harmony, not muscular strength. We should aim to still and calm the mind and body so that we blend seamlessly with the opponent.

We strive for low posture in practice, even though we recognise this may not be practicable in street scenarios, to be flexible and to project with techniques.

Sen-no-Kai places great emphasis on the three sen timings these can only be achieved by forgetting about oneself and achieving harmony with the opponent. Where there is only one person there is no battle to be won or lost and the mental training to achieve this is just as hard as the physical.

The main battle in Sen-no-Kai is against oneself. We need to push ourselves as best we can.

When using the jo and the bokken we should remember that they are there to help our hand and body movement and to ensure the weapon moves with us, to stay relaxed and flexible and not other way around.

Sen-no-Kai has many dangerous techniques and we stress and teach that power comes with the responsibility inherent in teaching and practicing those techniques and none of our training is to be taken lightly.