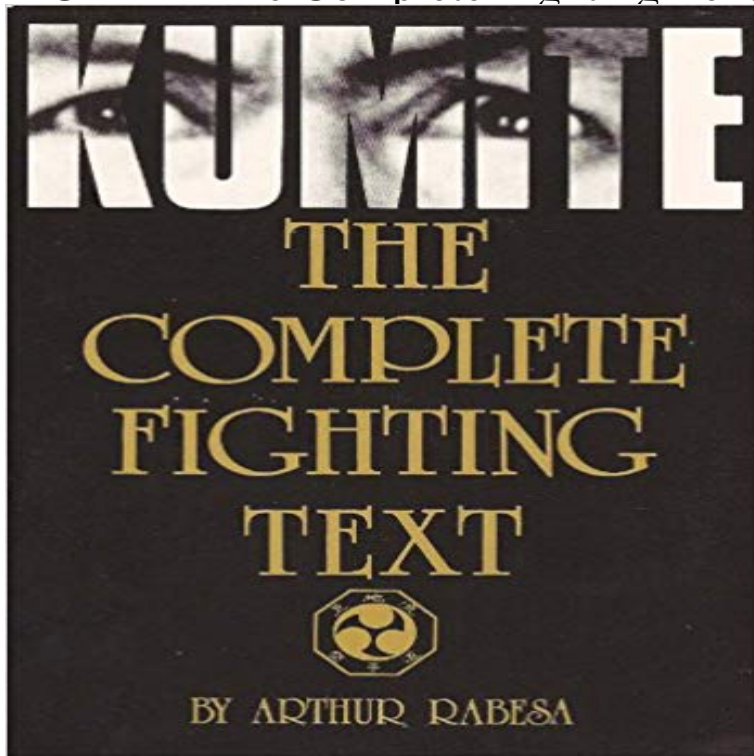


## KUMITE The Complete Fighting Text



The text is for any karate practitioner who is interested practical fighting methods. Arthur Rabesa, the author of this text, is one of Uechi-ryus formost authority on fighting philosophy and technique applications. One of the best books and teaching tool on the subject. If you are thinking about karate training, or are enrolled in a school now, this text will help you in free fighting (kumite). Everyone has limitations. Some people are naturally aggressive, strong or athletically inclined. Others are not. The category you fall into should not be your concern when kumite practice begins. The aggressive and well coordinated beginner will seem to progress quicker. Others will meet with frustration and be tempted to discontinue their training. This text can help both types understand kumite in the context of overall karate training. When it is realized that kumite is, and must be, a part of the karate training, the thought of dropping out will quickly diminish. Kata is taught slowly, step by step. The form becomes crisper and smoother as the months and years go by. Kumite training should be approached the same way. One who begins kumite too soon will only received false gratification at the small amount of success he or she may encounter. Injuries happen to those who rush their kumite goals. Your mind and body must be tuned before even a small amount of kumite is attempted. You must be conditioned physically and mentally before you face kicks and punches. If one follows the sections in this text faithfully, and with patience, success will be much easier. Its a long road. Set goals for yourself when you approach each new task. Dont set them too high at the beginning. Dont try to progress too fast throught the material in this book. You will know, with the aid of your teacher, when it is time to begin the next step. Remember that kumite is just one facet of karate training. Do not place too much emphasis

on it. If you do, your training will be unbalanced. I'd like to thank my students, Robert Bethoney, Bill Bauknecht, Brooks Bowen, Dan Pimental and David Hosem for their assistance with the photo section of this book. Without their help it would have been a very difficult task. A very special thank you to my teacher, Sensei George E. Mattson who suggested that I write this book. I would also like to thank the Uechiryu Karate Association in Okinawa for many years of assistance and support. Good luck with your goals. Don't give in to frustration.

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