

Demonstration of Jiyu Ippon Kumite

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There exists among many Brown Belts and would be Shodans, a misunderstanding of what is expected when demonstrating Jiyu Ippon Kumite for gradings.

When attempting Second Kyu, for example, the applicant should attempt to demonstrate a broad knowledge of all sixteen defensive combinations, both in attack and defence, with a high emphasis on technique and understanding. The examiner may even ask for a particular defensive combination to be demonstrated, in an effort to ascertain the knowledge of the Applicant.

The above would continue to apply, when attempting First Kyu but the applicant should now also be endeavouring to make the demonstration more dynamic and flowing. Speed of performance, concentration, intention and zanchin would all have elevated importance for the examiner. Again, the examiner may well ask for a particular combination to be demonstrated.

By the time the Shodan examination comes around, the applicant will have twice demonstrated their knowledge of all sixteen defensive combinations. They are no longer tested for knowledge but are now being tested for effective application. In other words, the ability to carry out 'self defence', both in attack and defence.

For 'Self Defence' to be totally effective, it should fulfill certain criteria. The combinations should be easy to remember, uncomplicated, have immediate results and be suited to the performer. Don't go into a Shodan examination, with the attitude that the examiner will be impressed by complicated and difficult to perform combinations. It's kind of like, going into Kata Championship and performing Unsu, which you are not very good at, simply because you believe the name alone will impress the Judges. If it's not very good, the Judges will be unimpressed.

At a Shodan grading, the examiner would not be disappointed, if an applicant demonstrated all of the number one defensive combinations. The number one combinations, actually fulfill the self defense criteria very well and can be easily performed with both right side attack and left side attack. The examiner may well ask the applicant to demonstrate both sides.

If, as a Shodan applicant, you feel that a certain combination suits you, by all means practice that combination for that grading. However, don't forget the 'Self Defence' criteria, and that you are there to demonstrate that you could injure your opponent, if you really wanted to. Both in attack and defense.