



# UNIVERSITY OF TORONTO 2023 INVITATIONAL SEMINAR REPORT



26/11/23

NATSUOKA KARATE  
COMMUNIQUE

On Sunday November 19th, the TMU Karate Club participated in the University of Toronto Invitational Karate Seminar. From 9am until 2pm, we were punching and kicking with our karate friends from the University of Toronto and McMaster University.

Highlights included two contrasting views of martial sports or point fighting. Sensei Joe Fagen led a nice introduction to Kodokan Judo in which he covered a few throws and hold downs and a representative from Karate Ontario conducted a high-level referee clinic on grading kata and sparring in tournaments.

The presence of practitioners from diverse karate traditions made this an interesting event for everyone. Represented at this seminar were experts from Shotokan, Goju-Ryu, and Wado-Kai. The atmosphere of sharing and collaboration was a testament to the vision of Sensei Felix Chang, the Head Instructor of the University of Toronto Karate Club, who hosted the event.

For more information about training in karate in Toronto, please contact [sensei@natsuoka.com](mailto:sensei@natsuoka.com)



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## POINT FIGHTING VS. SELF-DEFENSE



All martial arts simulate fighting to help hone combat skills. For some, competition itself can be the ultimate test and training is designed around the rules of the sport. Others see competition as one of many ways to simulate a real-world situation. These two views are both worth exploring.

When training in a combative art, every system injects its own fiction. Pulling punches or hitting lightly, striking pads or bags that do not move, prohibiting targets or techniques, dulling blades, fighting in special uniforms on artificial surfaces, and stopping short of breaking joints are all ways that simulated combat isn't combat, but we train this way to be able to continue to train.

Perhaps the thing that makes a sport interesting, when two opponents are matched equally, is the thing that we never want to find in a self-defence situation. If you find yourself in a fair fight, you didn't plan properly! In self-defence we aim for a swift and decisive victory.

How you train is how you'll fight so don't rehearse movements that wouldn't serve you well on the street.

To train for practical situations you might encounter, it can be helpful to alter the rules so that the rules themselves no longer dictate the behaviours in the ring. Decide what the fight structure is before the round and then just fight. Don't count points or stop the action; there is no 2nd place in self-defence.

Practically, remember that all prohibited techniques in tournaments are often the best techniques to use in self-defence situations. They are prohibited for a reason!

For those interested in the combative nature of karate, you can learn more at [www.natsuoka.com](http://www.natsuoka.com)