

Kwan Mu Zen Do Kai International

George E. Anderson, 9th Dan, Hanshi

KwanMuKan Precepts

A strong , consistent internal standard that is quantifiable, integrated and related.
Applying psychological philosophy to metaphysics by incorporating the circle and point theories of kata bunkai thus avoiding the constrictions of linearity of study and the limitations of sport karate.

Salutation of the Kwan Mu Kan kata

I clear my mind, close the senses, and come awake to the unity of thought through action.

(I clear my mind, prepare my body, set my attitude.

I, nor my kata, will never be the same again.)

Koan of Kwan Mu First Effort

If one anticipates, who has made the first attack?

Koan of Kwan Mu Second Effort

If the purpose of an attack is to avoid any block,
and the purpose of a block is to resist any attack, how can you do both?

Koan of Kwan Mu Third Effort

To be is to see.

To see is to know.

To know is to be.

If then what have you ?

It is already too late!

Thirty Spokes form the hub of a wheel
but the use of the wheel is the part that is empty.

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Marks of a Superior KwanMuKan YuDanSha

- Attends all KwanMuKan yudansha events, continually learning and following regulations.
- Demonstrates congruity, balance, harmony, appropriateness.
- Maintains high self-esteem and trust and earns respect and admiration of others.
- Has the ability for total commitment .
- Shows respect for seniors.
- Loves and respect the family and the native country.
- Has honor , integrity and loyalty.
- Possesses the ability to listen before speaking.
- Possesses steel-like inner strength, superior physical development and shows fluidity of motion with cat-like speed.
- Terrific physical development.
- Possesses formidable self-defense skills and is able to confront a hostile world and survive in any kind of society.
- Shows dignity, respectability, and always conducts themselves well.
- Demonstrates unification of power and neutralizes harmful influences others try to exert.
- Wears good, clean heavy-duty instructor's gi when teaching and at all other KwanMuKan functions or wears a suit and tie or proper team gear.
- Is always well-groomed.

Ten Principles for the Practice of Karate Do'

- Speed
- Retraction
- Hara Movement
- Breath Control
- Open Mind
- Extension
- Relaxed Shoulders
- Controlled Blinking
- Chambering
- Best Waza

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Ten Unifying Principles of the Kwan Mu Kan

- Appropriate Power Transference
- Go No Sen / Sen No Sen
- Toughness (Body Conditioning)
- Suddenness
- Maximum Hara Movement
- Control Blinking
- Harmonious Breath
- Proper Chambering
- Lack of Stubbornness (perceptual rigidity)
- Each Effort Is Maximum

Four Elements Inherent in Kwan Mu Kan Kihon

- Extension
- Centering
- Closing the Gates
- Posture

Four Fundamentals Principles of Karate Waza

- Atemi Waza - Vital Stroke
- Kime - Concentrated application of the mind, body, and weapon. (skill)
- Maii - Interval as related to distance and timing.
- Zanshin
 - a. Utterly cutting down.
 - b. Impenetrable posture.
 - c. Remaining mind.
 - d. Extension of the (ki) spirit.

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