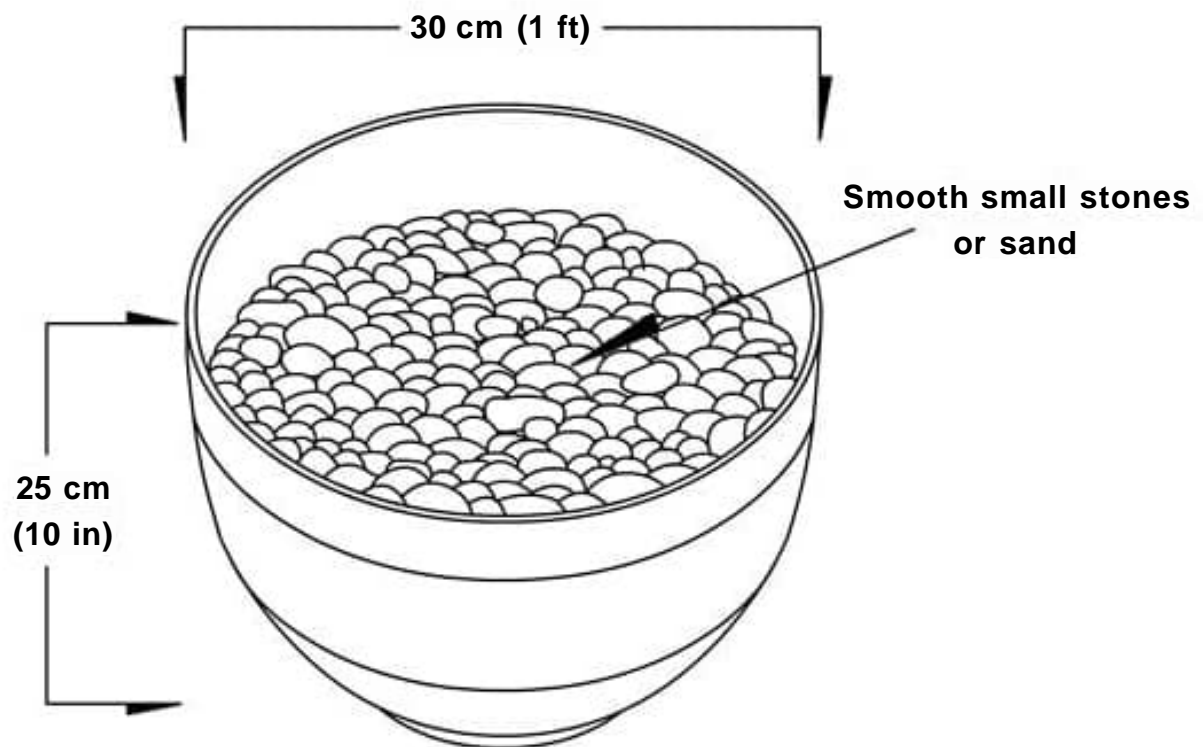


### Jan Bako Construction Notes



Round stones or rough sand help develop strong fingertips.

Almost any container can serve to make this tool, as long as it is made of material sufficient to take the punishment of frequent use and is wide enough to allow movement of the sand or stones when the fingers penetrate the contents. Smooth, marble-sized stones or, indeed, marbles themselves can be used though some people prefer to use rough sand or gravel to thrust their fingers into. Whatever material is used, anything with sharp edges should always be avoided.

## Ude Kitae –Pounding Post



In this early print from China, we can see that nature provided the tools to work with. Here a small tree is used as an ude rcitae.



This is the ode Jkrtaein Richard Barrett's private *dojo* in Almeria, Spain. Nate the arms and 'leg' made from half a motorcycle tire. The three wooden arms can be set in any number of combinations or removed altogether.



An underseariding of all the basic blocks, such as this yedbn daraf, is enhanced by working with the ude fo'toe.



Continuous tapping is the key here, not full power kicking. The author is seen here working an his legs back in 1996 at the age of 41.



Against the legs too. a small tree can be a great training partner.



Cartires offer good resistance and allow a feeling of penetration when punching, kicking, or striking. Without this feeling, there is a danger of hitting to the target instead of through it. In a real situation, the difference could prove costly. Because the body tends to do what we train it to do, knowing what we are capable of is a valuable asset.



*Ude kftae* with tires helps develop the hips and the use of *kosfii*, thrusting the hips,



Twelve years, and countless strikes on the *ude kftae*, separate this photograph from those taken in the author's *dojo* in Western Australia. With *hojo undo*, as with all martial arts, it is important to continue once you start.



Strikes too. Like this *s?uto uc/ir* (knife hand strike) can be worked on the *ode kitae*.



Even basic blocking, Like this *gedan barat* (low swinging block), takes on a whole new 'feeling' when done with intent against an unforgiving training partner like the *i/de kitae*.



Exploding forward into the *tide kitae* with a combination of a knee kick, *hiezn gen*, followed immediately by a punch to the face, *jodan zttki* allows the generation of maximum force—something that just cannot be practiced on a training partner.



Richard Barrett training with the *ucfe kitae*. With this set up, he has to maintain a pulling action on the wooden arm prior to kicking. The arm on a rope is also used to practice the *hike? uke* (grasping black) combination found in a number of *Goju ryu kata*.

Set the post in the ground firmly enough to allow very little movement. The *tide kite* post is used to condition the hands, arms, legs, and feet. This tool comes in many forms, and when building one, the height and diameter of the wooden post being used should be taken into account according to how you intend to use it. Too slim and it cannot stand up to the pounding it receives; too big, and it may have no 'give' in it at all. Neither of these allows the tool to be used as intended. With regard to height, at least head height is recommended, or even a little taller. If the tip of the post is cut off at an angle, it allows the *tettsui uebi* (hammer fist) technique to be practiced. Take care to start slowly, and build up the level of impact you can make and take over a number of months. Every blocking action found in *karate* can be trained with the *tide kitae*, as can the striking and thrusting techniques. Conditioning the lower leg as well as the arms in time provides the *karateka* with a "third limb" when sitting in *nekoashi dacht* (cat stance) with which to



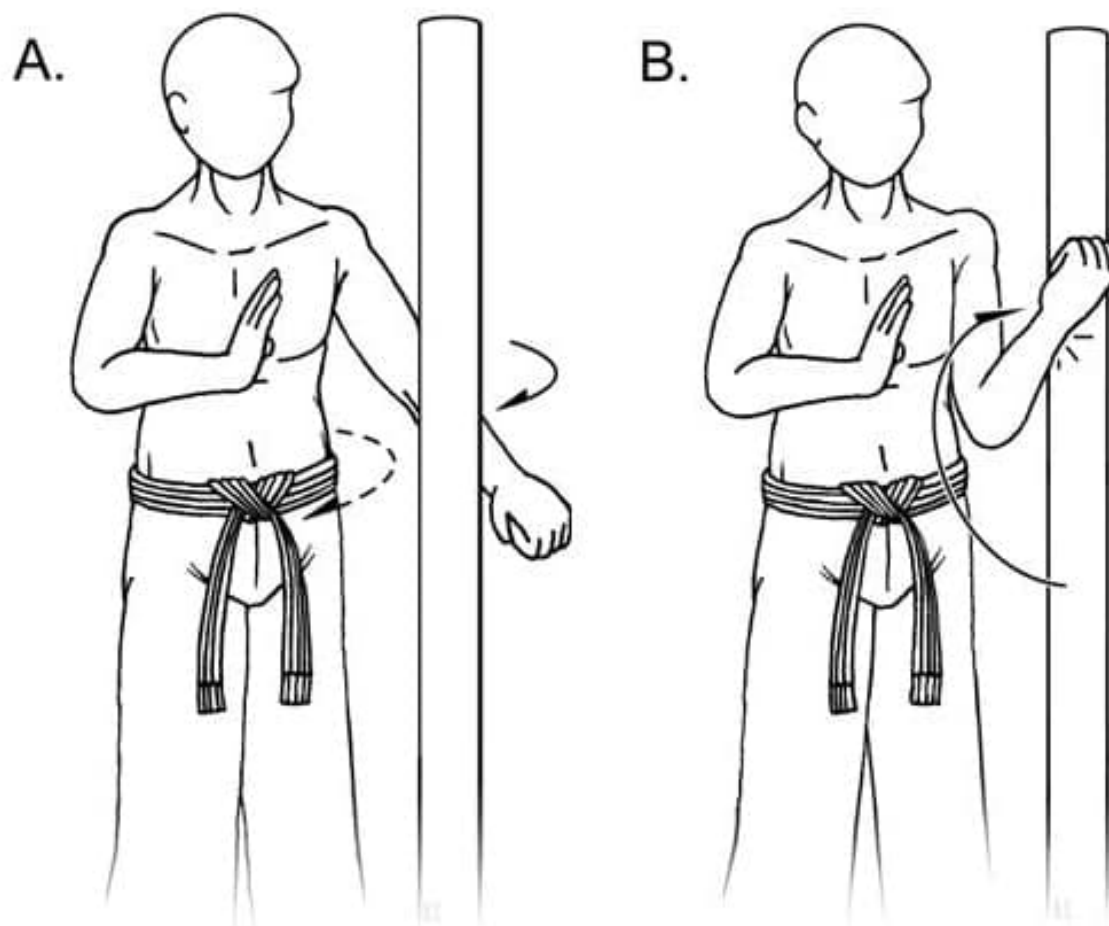
Forging the techniques found in the Kato, the value of *hojo u/iōo* training becomes apparent.



The inside of the arm is often used to block and should not be neglected. Here the author blocks on an inward swing.

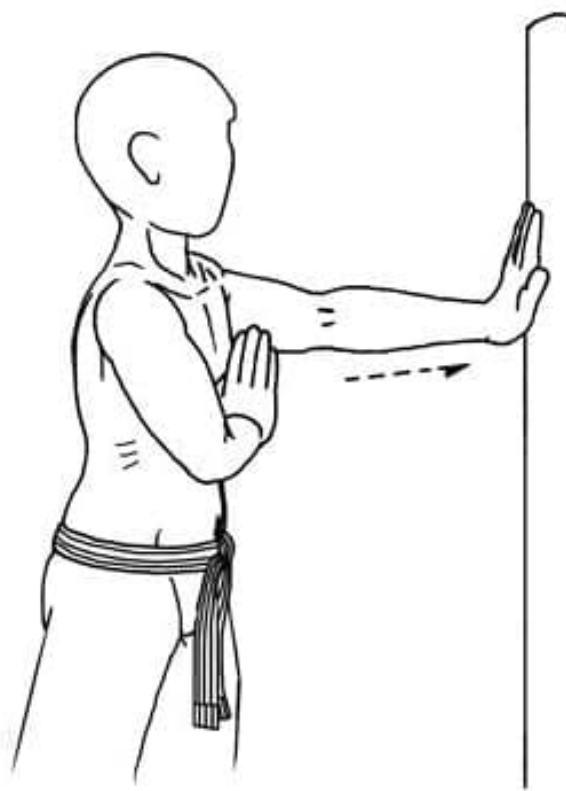
defend against kicks. This is particularly useful because it frees the *karateka* from dropping his arms when dealing with a low (*gedan*) attack.

Although often a far simpler tool in construction to that of its Chinese predecessor, the Okinawan *ude kitae* is no less helpful in its ability to toughen up the limbs and the minds of those who use it. The <sup>44</sup>“wooden-man,” also known as *Mook Jung* or *Muk Yang Jong* found in Chinese schools of combat from *Shaolin* boxing to *Wing-Chun kung-Ju* since ancient times has, as standard, arms and even a leg with which to target your blows, whereas the *ude kitae* on Okinawa tends to be a far more simple piece of equipment. Still, this has not stopped enterprising *karateka* over the years from improvising to fashion the tool into a training partner upon whom they can employ the full range of techniques from their own personal repertoire.



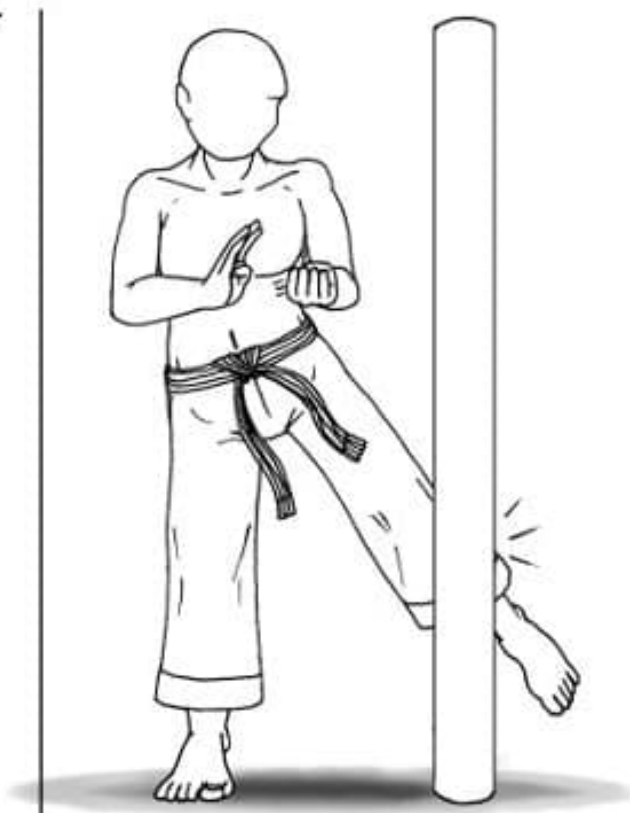
### Exercise 1

Stand before the tool and execute the basic blocks in a flowing, rhythmical way, moving from *gedan barai* (low swinging block, Figure A) up to *chudan uchi like* (mid-level block, Figure B) before changing arms. This exercise can be lengthened by adding more blocks and by moving around the tool and switching from outside to inside blocks.



## Exercise 2

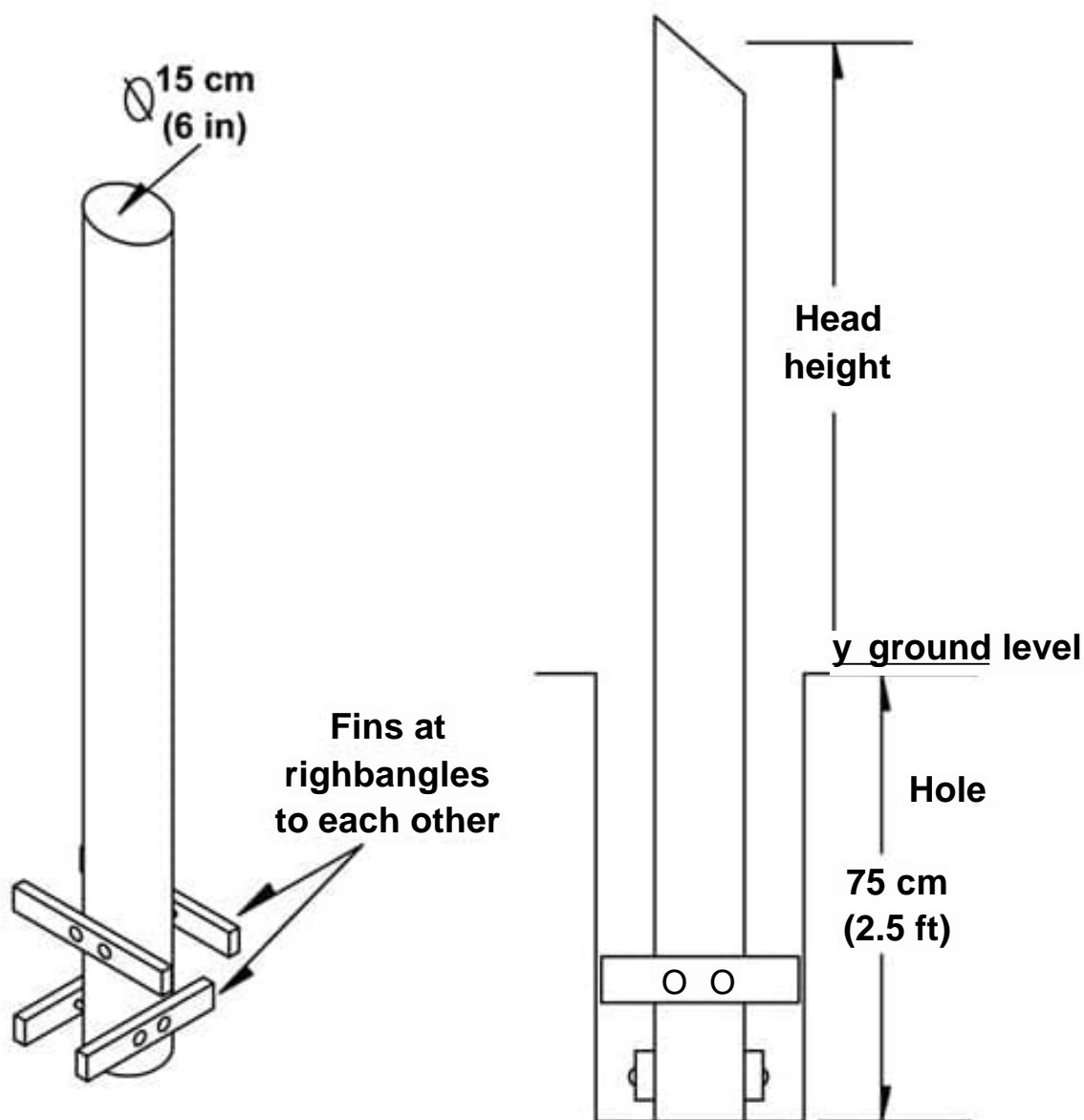
*Shotei uchi* (palm heel strike) can be practiced from any number of stances. A variation of this strike would be to stand with the palm already resting lightly against the tool then with a sharp thrust of the hip, push into the post as if to uproot it from the ground. This is similar to the thrusting exercise done with the *makiwara*.



## Exercise 3

Standing on one leg, use the post to condition the shins and legs by "tapping" it over and over again until that particular part of the body becomes resistant to the impact of a blow; In between conditioning the shins, the practice of *oshi barai* (leg sweep) allows the training of the legs to continue while the shins get a rest.

## Ude Kitae Construction Notes



Angle the top to increase the variety of strikes one can practice.

You need a round fence post, or the sort of garden landscaping post that can be purchased from plant nurseries or the larger hardware outlets. It must be long enough to bury at least twenty-four inches (61 cm) of it in the ground and still have it stand at head height. Before burying the post, attach fins to the bottom to help with its stability once training commences. Setting the fins in cement may be advisable if the tool is being used in sandy soil. Alternatively, set the post in a bracket made from industrial tubing and fix the bracket to a concrete path, driveway, or *dojo* floor with strong bolts.