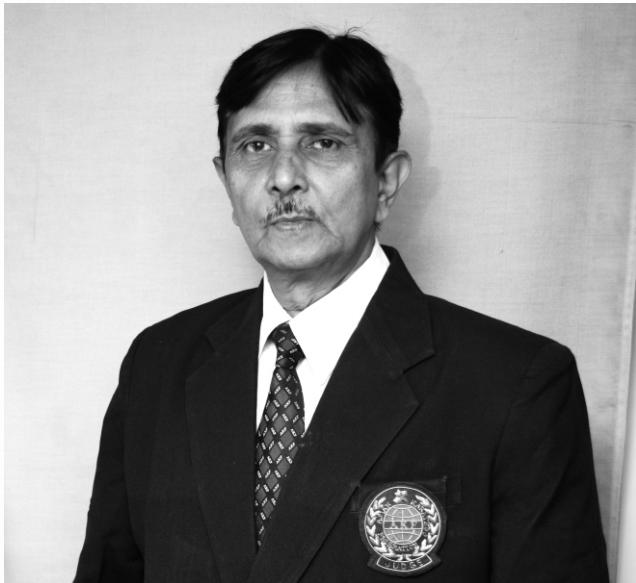


The K Book

www.thekison.in
Karate Special
Published on 24th July, 2016



The K is on



SHIHAN VIJAY BHATT

Technical Director/President/Chief Instructor
Nihon Karatedo Shubukai Shitroyu India
President - Karate - Do Federation - Gujarat
6th Dan - Japan - World Karate Federation
Judge - Asian Karate Federation
Referee - Kata - Kumite - National Federation

Shihan Vijay Bhatt started his career when he was 12 years old, first he started learning Judo and then Karate and Martial arts and Kobudo. Now today he has lots of students and he is 6 th DAN WKF. He passed Asian Karate Federation Kumite Judge. He is also connected with many social institution. He passed National Federation Kumite Referee - A and Kata judge - A. He is General secretary of Junagadh District karate association.

**" Respect karate, it involves deep study of mind, body and soul.
leave it if you are doing it for hobby or time pass. "**



BRIJRAJSINH GOHIL

Sr. Div. Commander.
Home guards at Ahmedabad Traffic Police,
Martial Arts Instructor (Black Belt)
Instructor of Yoga

**“Martial Art is not only a game but it is an art
best suitable for civil defense which
prepares the best citizens for a better
tomorrow.”**

- Brijrajsinh Gohil



空手道場

SENSEI SUSMIT GOHEL

Technical Director/President/Chief Instructor
The Karate Institute

2015, 27 Years Old

- Participated in Word Martial Art Game in Bangkok 2015
- Won Bronze medal in Kata, Won Silver Medal in Kumite (Black Belt Category)

2015, 27 Years Old

- Certified with official recognition of Referee / Judge License
- Attended the KAI Referee clinic of WKF Rules & passed the examination as Kata/ Kumite - Judge - C - B -

2013, 25 Years Old

- Participated in 2nd Degree Black Belt (Ni Dan) examine NIHON KARATE DO SHUBUKAI SHITORYU INDIA 2013 from Japan
- Successfully Passed

2012, 24 Years Old

- Undergone and completed Refree/ Judge course and examination and has been adjudged to be a KUMITE JUDGE "C" For the All India Karate-Do Federation National championship awarded on the day of 28/07/2012

2011, 23 Years Old

- Participated in 2nd International Karate Championship in Goa 2011
- Won Gold medal in Kata, Won Silver Medal in Kumite (Black Belt Category)

2010, 22 Years Old

- Participated in 26th All India Karate Championship 2010
- The Karate Kids Championship Sponsored by Jackie Chan in Kullu-Manali
- Won Gold medal in Kumite, Won Silver Medal in Kata (Black Belt Category)

2009, 21 Years Old

- Participated in All India Invitation Karate Championship Represented Gujarat, in Musuri 2009
- Won Gold medal in Kumite, Won Silver Medal in Kata (Black Belt Category)

2007, 19 Years Old

- Participated in A.G.K.A. (AKHIL GUJARAT KARATE CHAMPIONSHIP) , in Godhra 2007
- Won Gold medal in Kata, Won Silver Medal in Kumite (Color Belt Category)

The **K** is on



"CONFIDENCE IS NOT IN THE STATE OF MIND IT COMES FROM PRACTICE."

The K is on



COMPANY PROFILE

We teach highly advanced self-defense Karate techniques and how to defend yourself in worst circumstances.

In today's world one must learn how to defend our self. Karate has some rules but it is easy to learn and it makes your life easy.

In Karate Institute, we are providing quality base coaching of karate, Kick-boxing, judo, aikido, & yoga to the students and prepare them for the recognize competitions of State, National & International Level Championship.

The method of coaching is to make students physically strong and mentally alert and grows confidence in them .

We also teach moral values, self discipline, respect and positive attitude towards life.

In, Karate Institute we are providing group training as well as Personal Elite Training.

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空手道場



Karate is a Journey.. of a Lifetime...

Strikes

- Punching & Kicking:
Muay Thai (Kickboxing)
Karate (Empty Hand Way)

Grappling

- Throwing:
Hapkido, Judo, Sumo, Wrestling
- Joint lock/Submission holds: Aikido, Hapki do, Jujutsu,

The K is on



BASIC INTRODUCTION TO MARTIAL ARTS

The concept of martial art is the base for people to recognize and study martial art. In long history, descriptions on concept of martial art in different stages are different.

It includes moves such as kicking, beating, falling and catching. Attacking is demonstrated by bare bands or weapons. Battles or exercises of martial art skills are based on chess technique of Chinese tradition.

In addition, martial art is one category of sports. It is significantly different from practical fighting techniques which will hurt people.

Although martial art includes rich skills, it aims to enhance people's physical quality and defense capability by practice and have fighting in terms of capability and skills.

As to techniques, it is different from the practical ones. Although hand-to-hand exercise is similar to practicing fighting, due to the regulation of competition, it will be limited to fighting sports.



**"WHEN YOU ARE ABOUT TO PERFORM EMPTY YOUR MIND
FROM OTHER THOUGHTS ONLY THINK ABOUT
WINNING!"**



K MARTIAL ARTS EXPERTS

Our experts are complete mixed martial arts system. They are trained with a kickboxing coach to learn striking, a wrestling coach to learn takedowns, and a Jiu-jitsu coach to learn submissions. Then the experts must blend the systems and more importantly modify them to work in an MMA scenario. This System is a complete system and was developed for modern day competition the world of mixed martial arts fighting.

- Our experts are not only experts in martial arts systems but they are trained how to effectively pass on knowledge. All instructors have been certified and have a high level of expertise in our martial arts systems.
- The children's Instructors are professionally trained to motivate students with positive reinforcement, and assist in achievement of their goals.
- We believe in and teaching our students the rewards of having a positive attitude, discipline, health, safety, responsibility, humility and respect

**Remember only three things can improve your Karate:
PRACTICE , PRACTICE & PRACTICE**

The K is on



**“KAI! IS NOT JUST A WORD ITS A WINNING SHOUT,
MAKE IT LOUD AND CLEAR.”**

The K is on



CHILDREN'S **K** MARTIAL ARTS

Karate is great for children. It gives them a fun way to exercise and helps them learn life skills such as self-discipline, courtesy and respect for others all will making themselves stronger and safer. Our Classes are fun and taught in a safe and structured program.

Our classes are separated by age and level of ability so your child will fit right in as a new student and begin their Journey towards Black Belt Excellence.

We offer a unique children's with our Elite Training and MMA for Kids training and our child abduction prevention courses. These programs are taught by the finest most qualified instructors in the area.

Our Kids Martial arts programs will have a positive impact on your child as they learn life skills and self defense.

Note

Classes are available from ages 5 and older. If you would like to schedule a Free Trial Class for your child, call the office or fill out the contact form on our website and we will contact you .and we will schedule your child's first beginner level class. we would like to have the opportunity to show you the programs and program options we offer

*" KAI! IS NOT JUST A WORD ITS A WINNING SHOUT,
MAKE IT LOUD AND CLEAR. "*

The **K** on



"THINK OF IT AGAIN PRACTICE OF
YEARS TO BE PROVED IN JUST ONLY
THREE MINUTES."

The K is on



SELF-DEFENSE FOR GIRLS & WOMEN

For the past few months crime against women in India is rapidly increasing to an alarming situation. We received many inquiries and phone calls for developing such a special self defense program for women in India.

We have introduced Special Self Defense program for women. From a school going girl to a typical housewives or working girl anyone can learn a set of Defensive techniques mixing with Martial Art. This Technique is specially developed by Sensei Susmit Gohel. In martial art we mix Karate, Kick Boxing, AIKIDO, Judo .

Besides all these techniques the MOST IMPORTANT part is to prepare the mind to be stable in all situations at all the times. That could be achieved by giving a brief theory.

It has been observed that a persons with a strong body and excellent skills fails to defend themselves because their mind stops working in these kind of situations. It is very commonly seen in women. Regularly practice of this technique can make your mind & body work more effectively in that kind of situation. The perfect first attack to opponent is key of your Victory.

Note

Our Institute will provide one free workshop to your group on self-defense.



GOOD ASPECTS

KARATE FOR ALL

A KARATEKA OR A MARTIAL ARTIST MUST KNOW



- Never attack first, always remember karate always starts with a block.
- Karate is not just a physical and mental art, it requires a good soul spirit.
- A good martial artist always keeps his / her patience or tolerance level high.
- Respect every living thing.
- Follow the way of peace.
- Believes in god and everything made by god.
- Humanity.
- Follow the proper way of justice.
- If you fight for good your power is twice as you are.
- If you fight for nothing your power is half as you are.
- First know yourself then know others.



WHAT IS KARATE GRADING LIKE?

The Karate Institute Grading Examiner may ask to see some or all of The Kihon, Kata and Kumite listed in The Karate Institute Syllabus

9TH KYU JUNIOR YELLOW BELT	空手道場
9TH KYU SENIOR YELLOW BELT	空手道場
7TH KYU BLUE BELT	空手道場
6TH KYU RED BELT	空手道場
5TH KYU JUNIOR GREEN BELT	空手道場
4TH KYU SENIOR GREEN BELT	空手道場
3RD KYU JUNIOR BROWN BELT	空手道場
2ND KYU SENIOR BROWN BELT	空手道場
1ST KYU SENIOR MOST BROWN BELT	空手道場
SHO DAN - BLACK BELT	空手道場

As With many Martial Arts, A Belt system is used in Karate to show the progress and proficiency of Students.

Belts are earned through their proven dedication to training in combination with an Examination (grading)

Students progress from Novice through The Coloured Kyu Grades (9th To 1st Kyu) To Black Belt (1st Dan). Learning Karate is unlimited and 1st Dan Black Belt is only the first in a Series of Black Belt Grades. Gradings under The Karate Institute Take place under Chief Instructor Sensei Susmit Gohel (2nd Dan)

Every 3 Months (or more depending on grade)

Students must train at least twice per week at our Dojo or personal training at their place by our qualified instructors.

KARATE STARS



KARATE STARS





Member of

Nihon Karatedo Shubukai Shitoryu India(NKSSI)

NKSSI Approved by:

Karate Associated Of India(KAI)

KAI Affiliated With:

World Karate Federation, Asian Karate do Federation

102, Sneh Shruthi Complex, opp.Satkar Complex, Sambhav Press Lane, Judges Bungalow, Road, Bodakdev, Ahmedabad-15, Gujarat, India

E-mail : susmit_gohel@ymail.com, Cell : +91 99794 32804

www.thekison.in