

our name and logo's

Our Name

The formal name of our system or style is Zen Do Kai Martial Arts. This is because the full gamut of what we teach does not fit into one category of martial art.

Our syllabus not only includes what can be described as Karate techniques and does include Karate Forms (or Kata), but also includes, locks & holds, throws, vital point striking, grappling and principles and practices of boxing; kick boxing and Muay Thai Boxing. Traditional weaponry is another aspect of this. Hence to encompass all these element, the term "Martial Arts" sits comfortably along side Zen Do Kai.

ZEN DO KAI
MARTIAL ARTS

Our Logo

As the Bushido and Isha Crosses are synonymous with Zen Do Kai, so is our corporate logo. It epitomizes everything that Zen Do Kai has represented since its inception in 1970. The mind, body and spirit of Zen Do Kai can all be seen through the eyes of the Zen Do Kai Red Dragon. The name's origins hark from the days when Kyoshi Sama Bob Jones competed in tournaments and was dubbed 'The Red Dragon' due to his ferocious fighting style. 'The Red Dragons' was the name given to Kyoshi Sama's first generation family. The Red Dragon's family "Mon" carries this on it.



What is Zen Do Kai?

The Japanese literal translation for Zen Do Kai is 'The Best of Everything in Progression'. This means that ZDK encompasses aspects from many martial arts disciplines and puts them together into a system for learning self defence - a self defence that works!



Tell me how Zen Do Kai is different to other martial arts.

Kyoshi Sama Bob Jones, ZDK's founder, calls it a 'purist' system. He means that ZDK is no style but *all* styles. Originally in martial arts history, there must have been a core set of techniques that encompassed everything. ZDK tries to develop this *pure* system with everything in it.

Zen Do Kai has grown to 1000 clubs throughout Australia and New Zealand This martial arts system which dominates the Australian martial arts scene was formed in 1970 and has in 1995 just celebrated it's 25 years of successful operation.

respect and tradition

"This is the Way for men who want to learn my strategy:

- *Do not think dishonestly*
- *The Way is in training*
- *Become acquainted with every art*
- *Know the Ways of professions*
- *Distinguish between gain and loss in worldly matters*
- *Develop intuitive judgment and understanding for everything*
- *Perceive those things which cannot be seen*
- *Pay attention even to trifles*
- *Do nothing which is of no use."*

The second year of Shoho (1645), the fifth month, the twelfth day. SHINMEN MUSASHI Go Rin No Sho

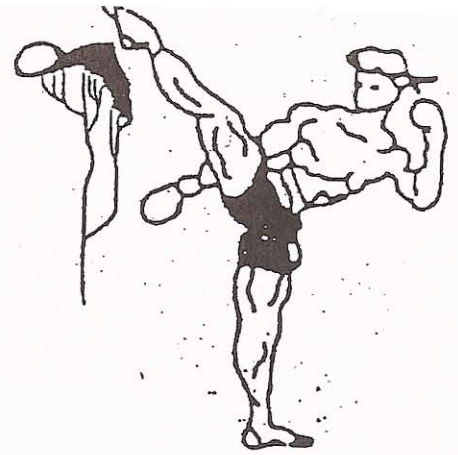
Basic Rules

1. Everyone works
2. Nothing is for free
3. All start at the bottom



Dojo Etiquette

1. Dojo means "A Sacred Place" - treat it as such
2. Do not wear shoes on the dojo training area
3. No Drugs, cigarettes or alcohol in the dojo
4. Do not enter a class late or leave early without acknowledgment of the highest rank instructor in the class
5. No swearing or actions or disrespect or breaching of rules
6. Always train with "true" attitude of Bushido
7. Never abuse fighting skills, always fight defesively and use these skills always to help lower ranks
8. Dojo etiquette is to be always clean in body and appearance
9. Bow upon entering or leaving the training area of the dojo
10. Never walk in front of your seniors
11. Always address you seniors by their proper titles



Boxing Terminology

Block- A defensive move to fend off opponent's punch

Bobbing & weaving- evasive movement of head from side to side. Bending knees shifting body weight from side to side making a U shape movement with upperbody

Boxer- a long range fighter who is usually tall working outside opponent's reach with good defensive and counter fighting skills

Clinching (*holding*)- Tying up your opponent by interlocking arms with opponent's

Combinations- several punches thrown in a row without pause

Counterpuncher- a fighter who waits until his opponent has committed to throwing a punch before he throws his own

Counterpunching- throwing a defensive punch after your opponent has thrown a punch

Covering up- creating a protective defence tactic with your hands up, chin tucked in to absorb an onslaught of punches from opponent

Double-end ball (floor to ceiling ball)- a light bag that is attached to the ceiling and the floor by chords. It is used to build a fighter's hand speed as well as develop defensive and offensive moves

Ducking- bending your knees so you can go directly underneath an opponent's punch

Feint- a fake punch to confuse opponent as well as create an opening to set up attack

Footwork- the movement of feet while boxing

Golden Rules

Be mindful of your courtesy with humbleness

Train yourself considering physical strength

Study and contrive seriously

Be calm in mind and swift in action

Take care of your health

Live a plain and simple life

Do not be too proud or modest

Continue training with patience and humbleness.

Be humble and polite

Practise earnestly with creativity

Be always courteous and humble

Cultivate a peaceful mind

Learn to be patient

Strive hard to be a better person

Try to develop your spirit and the techniques of Zen Do Kai in the same level

Apply the principles of Zen Do Kai in your daily life