

Wilder teaches seeing the “Traditional Speed” in your Kata.

Sourcing the information in his book “The Way of Kata,” Kris Wilder presented a session on finding the keys to speed in your kata at a martial arts event in Western Washington, USA



Wilder (L) works with Kane (R) on controlling time using the idea of “closest available weapon.”

June 9, 2007 - Seattle-based Goju-Ryu karate instructor Kris Wilder was a featured instructor at an annual multiple discipline event called “Dojo Day” in Bonney Lake, Washington, near Seattle. Sponsored by the Kaizen Shotokan Club and Bonney Lake Isshin Ryu, the day-long event, which had separate sessions for adults and children, involved Karate, Kenpo, Sambo, Knife Defense, Judo and Jujitsu.

“The keys to maximizing speed are contained within your form no matter the style. You need only look for them,” said Wilder. The session covered five points: bounce back, closest available weapon, driving in, small mass vs large mass, and, no delay. “These concepts are universal,” Wilder said, “Whether Shotokan or Shorin-Ryu, the masters put them in the kata for us to find.”

“Actually one of the coolest things of the day was Big Jon Crain, one of the events sponsors, breaking rocks at noon.” said Wilder. “Some of the kids scooped the broken rocks up and took them home, eager to show their friends and family what they might not believe otherwise.”

Another featured instructor at the event was co-author of “The Way of Kata,” Lawrence Kane, who did a session on knife defense. “Kane makes it real,” said Wilder, “When he cuts a raw leg of lamb wide open with a two-inch blade, people’s eyes open pretty wide.”

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“Big Jon” Crain shatters river rocks at a noon time demonstration.