



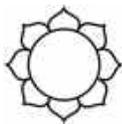
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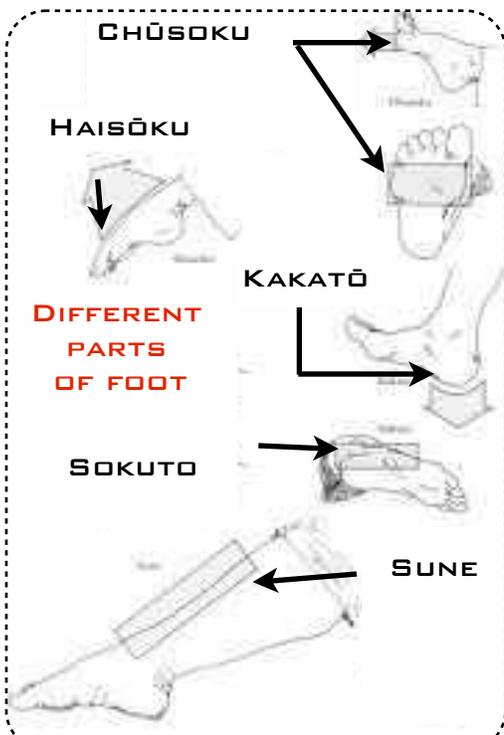
リベラ 道場

リベラ 道場 RIVERA DŌJŌ



**PART ONE:
ABOUT MAWASHI GERI
(ROUNDHOUSE KICK)**

The Mawashi Geri (roundhouse kick) is a very hard kick to execute correctly, especially Jōdan (upper) kick. Chūdan and Gedan (middle and lower) are easier, however, the mechanics of the geri/keri (kick) is the same.



One can kick with several different parts of the foot and leg. For instance, one can kick with Chūsoku (ball of foot), or Haisoku (instep), or Sune (shin). Using one's Sune for Jōdan Mawashi geri is the most devastating for impact. And for Chūdan it is the same as well, except for masters who condition the ball of foot, so that when they do Chūdan, they use Chūsoku for the impact, which is like a compounded punch. But, for most, Sune is the part to use.

One's sune will have to undergo some condition, i.e., Makiwara training to strengthen or making the bone more dense. i.e., the hardening of the bone and the deadening of the surrounding nerves. But first, the correct way to do a Mawashi geri is for one to pick up one's knee, to the outside of one's Gody with foot flexed up or pointed down (depending on where one is kicking; i.e., one's target), and one has to supinated/rotate one's hips/pelvis, which leads one through

one's kick, and also using one's knee to sight one's target; then, with one's knee past the point of impact, one extends one's leg or shin out, thus, finishing the kick; you then follow the same route of body position or mechanics backwards, so original starting position:

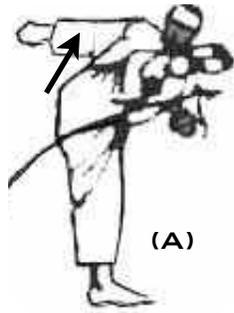


that one's leg and foot go back to the floor or Yasume).

(1)

The illustrations to the left are good for reference, however, be aware that there are mistakes made in them; e.g., in ill. (2), the bottom part of the leg should be facing down, so you should see the foot pointing to the ground; and in the ill. (3), the supporting foot is NOT rotated

enough; the heel needs to be facing the target instead of half-way and the hips are



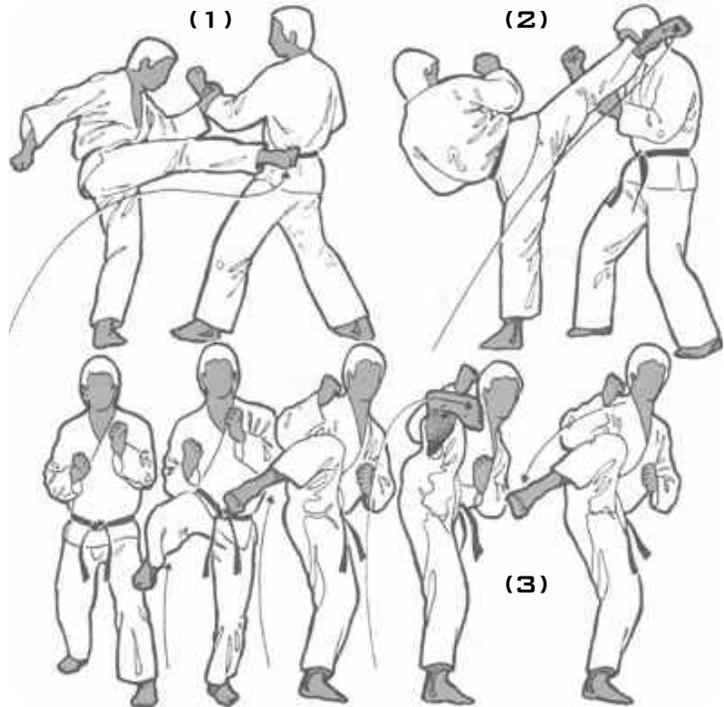
(A)

ONLY half rotated, instead of full rotated. There is no torque or use of “Toes Up” tenet. Remember, even when kicking, the power comes from the ground upwards.

In the illustration below (A), the body position is off; the person is leaning over to one side, instead of keeping back and spine straight.

The supporting foot is also not supinated the heel should be showing or

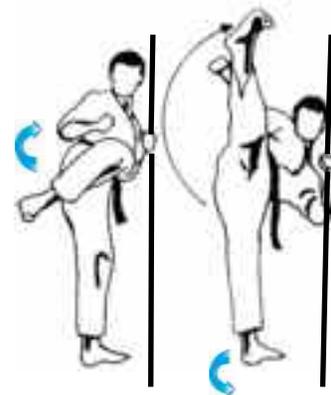
facing target). And no hip involvement. To the right, the same error is clear in the ill. (1), but in ill. (2) the angle is good and the supporting foot is pivoted fairly well (albeit, needs to be more); in ill. (3), the supporting foot is not rotated enough and you can see how the knee in the kicking leg has stopped and not gone past a point of contact on the target, so the power is lost in the kick. Also, the outside hand, should swing downwards going against the kicking leg, so that one can generate more power. It is like one grasp for something in the air as displayed in ill. (A). And his swing arm is not incorporated at all.



A superior training method or drill to practice the correct motion of this kick is to use a pole and to hold it to one’s side; i.e., the side not kicking. One can hold it,



but do not lean on it, just use it as additional support, especially when one gets fatigued. Start with right or left leg, with pole in opposing hand off to the side, and execute the mechanics of the kick (as outlined above); also, do this in front of a mirror if possible, so one can check one’s form and see the mistakes or bad tendencies. This is how one learns, from one’s mistakes and not successes, hence, the illustrations of mistakes. Just remember, knee up (to the outside), rotate the pelvis and hips and allow the supporting foot to follow and rotate as well (completely), then once knee is past point of contact, then extend leg and hold for one second (do this slow, it is about technique and





nothing more), and see if, one's body is rotated enough, one's foot (heel), swing arm downwards, and back upright and not leaning or pitching.

Yet another great drill or training method is to practice using a chair or something that is two to three or four feet from the ground (height-wise). One faces the chair in fighting stance (Kumite No Tachi) and start one's rotation at one's hips and picks up one's knee and practices rotating the hip and the supporting foot while making the bent-knee go over, in an arch, i.e., over the top or backside of the chair, and then downwards towards the floor, supinated the hips or pelvis and also spinning or rotating the supporting foot to where the heel or Kakatō is facing the target. Consequently, one finishes by having one's back to the chair and thus, completely rotated. Then bring lag back to Yasume (original position) and do again (repeat). Do for anywhere between 10-40 repetitions and 2 or 3 sets at first and build from there or progress to 10-12 sets.



Here is a photograph of a correctly execute Jōdan Mawashi Geri. One can see that his knee is PAST his target or point of impact of his Sune (shin), and his supporting foot has almost pivoted 180 degrees or became parallel to his opponent/target.

**PART TWO: MAKIWARA TRAINING
(CONDITIONING THE SHIN)**

As with the fist or hand, the shin has to be conditioned as well to have impact. Therefore, one has to engage in Makiwara training to strengthen the shin. One can make one with a few simple items, such as one bag of sand, one laundry bag, and a couple of heavy duty garbage bags. First, take one or two heavyweight garbage bag(s) and put the sand into it, then put that into a sturdy laundry (nylon) bag (to put garbage with sand into), and then put that inside of one canvas duffle bag (to put the double bagged laundry bag with sand into).



Now, one needs to preferably hang the bag or suspend it from something, so that when one punches it, it gives, and also, for one to build a meter as well. However, if one does not have that option, then one can simply place the made Makiwara sandbag onto one's thighs in a sitting position and punch it that way. It is less effective, but still a good alternative.



One can also bags types of bags (such as to the left illustration) in this manner and use them, but traditionally, one makes one's own; this is part of karatedo; i.e., one's own doing. Start with a 20-30 lb. bag and increase in time from there. If purchasing as is, then make sure the bag is sturdy and will not rip easy, because the impact will destroy the bag eventually or in time, so it needs to be durable.

Be careful that it is not too hard either, to avoid injuries or one being self injurious. And when you kick, let the hips lead you into the kick and use you Sune (shin) for impact. Learn to "drop your weight" instead of kicking or trying to overpower the bag. Remember, it is NOT a heavy bag, so you do not use it in the same manner. So, here is what you need, which is relatively inexpensive.

- One HEAVY-Duty Garbage Bag
- One [Nylon Laundry-Bag Liner](#)
- One [Army Duffle Canvas Bag](#) (one that they use to put their clothes into; check link provided here to Amazon!)
- One or two 40lb. bags of sand (go to a Hardware or lumber store) -- however, if your Sune is not too developed then start with one 40lb. bag, because you can always add more, which is easier then taking out.
- Four 4' (foot) 2X4's (lumber store)
- One 3' 6" (3 and a half feet) 2X4 (lumber store)
- 2 Saw Horse Brackets ([A](#)) or ([B](#)) - click on the blue links
- Many 3"-4" screws or 4" inch [Heavy Nails](#)
- 4-6 Smaller pieces of wood to use as some support on the sides of the horse.

Assembly:

Put garbage bag into laundry bag liner and pour the sand into them. First, tie off tightly the garbage bag, and then do the same for the liner bag; then put that into the canvas bag. The reason you do the other bags first is to get them tight and the air out of them; it does not have to be perfect, just get MOST of the air or empty space out, again, it does not have to be perfect, so don't fret, because you desire some movement for or of the sand or it will be like kicking a rock, lol..so, again, some room is good!

Then once you assemble the saw horse, you may need help in holding the canvas bag filled with sand in the air, so that you can hang it to your Sune's level. Then tie it off tightly; you can use tape, such as duct if need to, I don't use that, but it depends on how tightly you get the canvas bag tied to the horse, which you want to be tie, i.e., where you tie it, so that it does not fall off!!!

Now, you are ready to practice Sune Makiwara!!!! OSU!!!!!! I suggest starting with **25-50 repetitions per leg, switching off**, i.e., **25-50 reps on one leg and then so the other leg**. And **3-5 sets to begin with** as the first set for each leg is a warm-up as the same is for [Seiken Makiwara](#). If you do Seiken, do the first set of each hand **Tataken first**, then then following set switch to Seiken Jun Tsuki. Also, the bag should be in the air and level with your upper body as mine is not in the video. See video for height: [MAKIWARA](#) - not the best demonstration, not that it is bad, but one needs to not be stationary and this Karateka is (too stiff) and the use of Koshi needs to be implemented too.