



# Kempo Karate Canada



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## 27 Movements (1st stripe or 9th kyu) Niju Hichi Wasa

### Background:

I apply a theory in teaching kata for children based very much on the concept of the book *The Learning Revolution* that is co-authored by Dr. Jeanette Vos. (I've met her and was involved in one of her events here in Toronto and in Dallas, TX in the mid 90s.) Dr. Jeanette Vos has dramatically changed the way how European and American schools now model their teaching.

Here is an example for learning to count in Japanese:

How to count in Japanese The Learning Revolution way			
English	Japanese	Sound	Action
one	ichi	Itchy	Scratch your
two	ni	knee.	knee.
three	san	Sun,	Point to sky.
four	shi	she	Point to female.
five	go	go	Walk.
six	rocko	rocko.	Rock 'n' roll.
seven	shishi	Chi-chi.	Double sneeze.
eight	hachi	Hat-chi.	Put on hat.
nine	kyu	Coo	Coo like dove.
ten	ju	Jew	Jewish hat.

The Learning Revolution

**UNIVERSALLY FOR ALL KATA** – I use the following saying with the children to remind them about looking in the direction of the next move first, then shifting and moving their feet and ensuring their feet are well planted – and THEN throw the punch or block: - this is especially so with Takiyoko Shodan.

1. Look before you leap
2. Feet first
3. Fists follow

I have them repeat this saying, and will often say it with them as we do a kata.

### The “Story” for Niju Hichi Wasa

This is the story and saying I use with the children to teach them 27 movements. This story also incorporates Bunkai – or the purpose behind the movement. (I also have a story for Takiyoko Shodan, and also for some parts of Shi Ho Hi.) We have had great results teaching 27



movements to even 4 and 5 year olds using this method. Of course, many 4 and 5 year olds are still developing their coordination, and fine and gross motor skills, so I do not expect them to be that precise with the movements.

I tell the children this story is based on the characters (people) and sayings in Austin Powers. Some of the sayings I am sure you have heard before – but I put a real twist on the *Austin Powers* angle.

***There are the characters:***

1. Austin Powers (he is one cool dude)
2. Dr Evil (this guy is sneaky and always tries to attack you from behind)
3. Dr Evil's Cat (he is a crazy cat and attacks by flying at you)
4. And two midgets Mini-Me's (Mini-Me #1 and Mini-Me #2) with big shaggy wigs on their heads (they always work as a team – with one attacking first, and then the other coming and attacking from the opposite direction.)
5. Indianan Jones (he is just too cool NOT to have in the story)

***The Story I say and have the kids say along:***

1	"1!"
2	"2!"
3	"Here's the phone!" (passing it to Austin Powers)
4	"Here's the phone!" (passing it to Austin Powers)
5	"Pull the sword!" (just like Indianan Jones)
6	"Pull the sword!" (just like Indianan Jones)
7	"Protect your privates!" (someone is trying to kick you there!)
8	"Protect your privates!" (someone is trying to kick you there!)
9	"Get away!" or "punch!" – latter change to kai!
10	"Get away!" or "punch!" – latter change to kai!
11	"Coming to the right of me! It's Mini-Me #1!"
12	"Coming to the left of me! It's Mini-Me #2!"
13	"Dr Evil is behind me!"
14	"Dr Evil is behind me!"
15	"Dr Evil is STIILL behind me!"
16	"Dr Evil is STIILL behind me!"
17	"with a British accent .. we're Austin Powers .. "shuto, baby!"
18	(with a British accent) "shuto, baby!"
19	"grab that kick and push, huhhhh!" (breathing out)
20	"grab that kick and push, huhhhh!" (breathing out)
	"Now, there are two Mini-Mes with big shaggy wigs on – one is to the left of me – the other to the right"
21	"Here comes Mini-Me #1! Grab him by the wig ..."
22	"And strike his head with the back of your elbow!"
23	"Here comes Mini-Me #2! Grab him by the wig ..."
24	"And strike his head with the back of your elbow!"



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25	"Dr Evil is behind me!" (looking back 1st)
26	"Dr Evil is behind me!" (looking back 1st)
27	"protect yourself from his FLYING CAT!!" ("he is coming right at you in the air.")

Please feel free to give it a try, and let me know how it works for you!

Sensei Martin H. Doherty, RP-CRA

Director, Kick Smart Workshop™

[www.kicksmartworkshop.com](http://www.kicksmartworkshop.com)

*Committee Member, BBI (Black Belt Institute)*

*Committee Member, PAC (Ontario Early Years Centre)*

Toronto, ON

**416-481-5425 (KICK)**

